

THE KINGDOM AND THE POWER

Lessons
In
Faith
And
In
Living
Selected
By

Louise Hurlbutt deWetter

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Lessons in Faith and in Living



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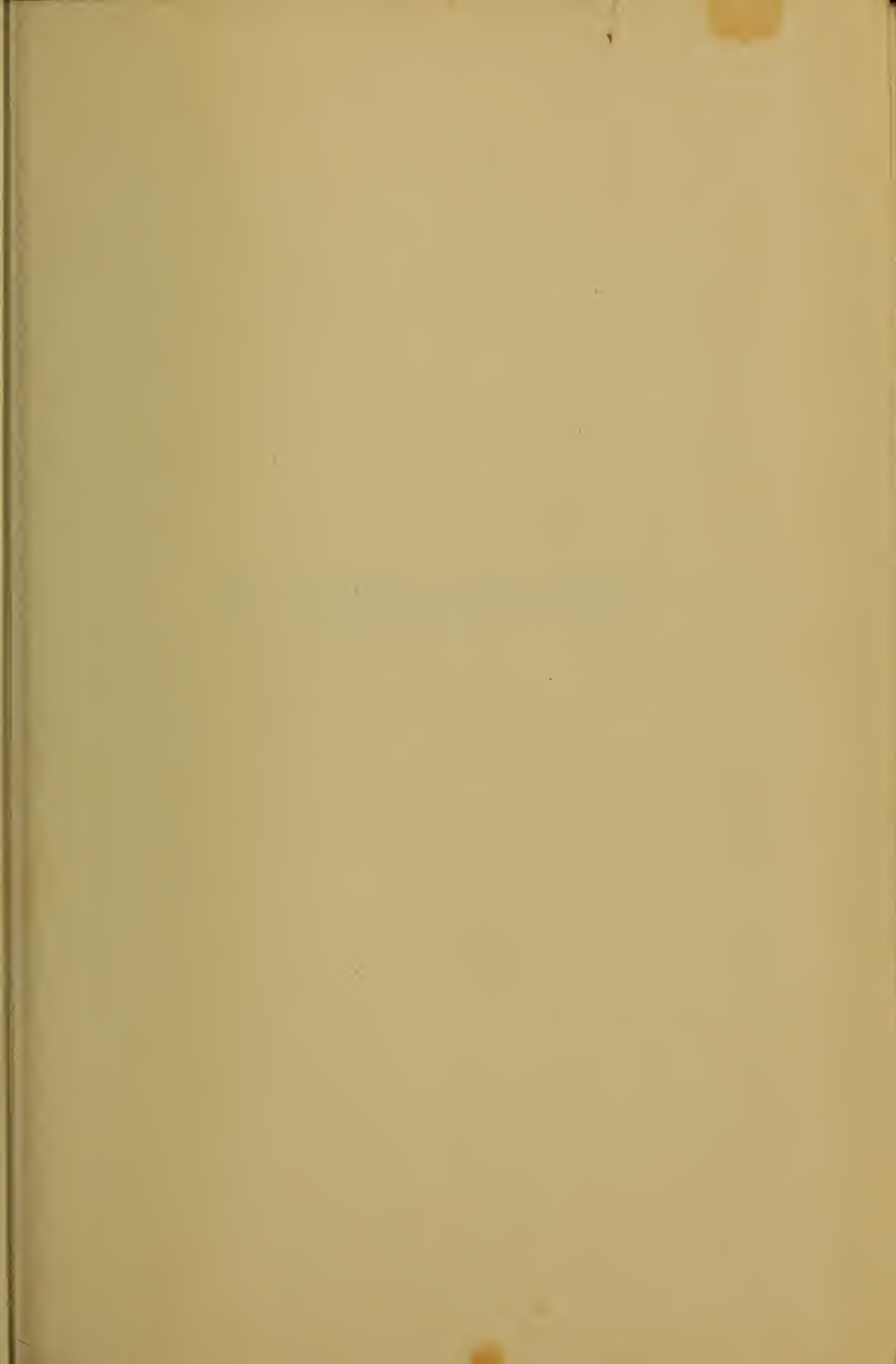
"And the Voice went forth throughout the World . . . and each one heard it according to his capacity: old men and youths and boys and sucklings and women. The Voice was to each one as each one had the power to receive it."

—SHEMUAH

In these words of ancient religious writing is found the theme of THE KINGDOM AND THE POWER, a collection of inspiring spiritual messages. How to accept the help of God through faith as an actual part of our daily lives is taught in a new, revealing way, offering both spiritual and practical understanding of human problems.

Selected by Mrs. de Wetter from the metaphysical teachings shared with her late husband, these communications show how the individual can learn to maintain the sense of guidance and comfort which obliterates the fears and confusions of life.

All who are seeking the steady light of courage and confidence will find it burning brightly within them, as they read and re-read THE KINGDOM AND THE POWER. Its teachings offer a hopeful, stimulating and valuable creed to live by.





The Kingdom and the Power



The Kingdom and the Power

LESSONS IN FAITH AND IN LIVING

Selected by

LOUISE HURLBUTT de WETTER

PAGEANT PRESS, INC.

NEW YORK

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REVISED EDITION—WITH ADDED MATERIAL
LIBRARY OF CONGRESS CATALOG CARD NUMBER: 57-8218

Published, 1957, by Pageant Press, Inc.
101 Fifth Avenue, New York 3, New York

Manufactured in the United States of America

To the memory of my husband,

HERMAN de WETTER

"Love Is A Power Which Is Eternal."

“And the Voice went forth throughout the World . . . and each one heard it according to his capacity: old men and youths and boys and sucklings and women. The Voice was to each one as each one had the power to receive it.”

SHEMOTH

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FOREWORD

It is a privilege indeed to introduce to the reader this record of communications that have come from across the borderline of what we call life and death. The recipients of these messages are a married couple of rare culture and unimpeachable integrity. I have been many times a witness of this spiritual Communion in their home.

The procedure is simplicity itself. There is no darkness, no trance, no ritual. A short prayer serves as an introduction to open the gate for communication. Then, one or the other waits in silence until he or she hears with the inner ear what the Guide has to say. The words are dictated slowly as they are heard, and taken down in writing by the one who is not acting as the receiver. In these communications, the principal agent has been the husband, a North European and an engineer by training. Although he is fluent in his English, nevertheless he often finds words that he hears unfamiliar to his vocabulary and the style is quite foreign to his own. Sometimes the words come so slowly that the sequence of the whole sentence cannot be understood by a listener until it is read aloud afterward.

Of course, to accept the possibility of Communion with spirit guides, dictating from the invisible level of existence, requires for this generation nothing less than a revolution in our way of thinking. It demands a greater readjustment than that which our ancestors were compelled to undergo when they had to give up the age-old conception of a flat, immovable world capped by a firmament, in favor of a spherical earth revolving on its axis and careening about the sun. Any such mental upheaval comes slowly and hard.

This, however, is not the place to try to prove that communication is a reality, nor is that the purpose of this book. It is offered for its spiritual content alone. Already it has

circulated in manuscript form among friends, all of whom have found light and leading for their own lives. One will soon discover that these lessons will bear much re-reading and reflection, for their significance is rich and deep, and they open up distant vistas to the mind and heart.

"The one reality," wrote Emerson a century ago, "is spirit." Our present age of material achievements and world wars has wandered far from that saying, so far that it, too, seems fantastic. And yet it has always been true that the one subject of tremendous importance to human beings is the soul of man, its relation to life here and the life to come. All the great religious teachers and sages have told us that, but a century of materialistic philosophy has denied it. Now the world finds itself hungry as never before, for the bread of life. It is that very bread of life which is the gift of the pages that follow. They reaffirm the changeless truths that have been stated by the sacred writings of the past, but speak them in the idiom of the present. They reveal afresh the significance of the life and teachings of the Master, freed from the accumulations of man-made canons and doctrines. This book is one form of inspired writing.

WILLIAM OLIVER STEVENS.

New York

INTRODUCTION

It is a difficult task to know just what to write in a preface to a book composed of messages and teachings received by us throughout the past ten years from the Unseen World beyond this life. Nothing one might add would serve to enhance its wonder — a wonder far greater now, after a mounting spiritual experience, than when we first realized the awesome sensation of actual contact with the Invisible Ones.

It had not been our intention to write of ourselves at all, because the messages are the all-important thing; but in deference to the opinion of several who have read this book in manuscript, and who feel that some explanation of the events which led up to this experience should be given, the following summary is offered. If it will allay what seems to be a natural curiosity on the readers' part, to the end that they may then feel free to concentrate better on the messages themselves, this description will serve its purpose well.

To begin with, we did not seek this experience; nor were we particularly religious, except in the traditional sense, which includes a varying scale of Church attendance and intermittent prayer — although there was a firm undercurrent of faith in God. Like most people who have very little knowledge beyond the scope of their own interests, we had merely heard of occultism and thought it a fantastic and dangerous realm. We still do, and our instinctive feelings of aversion to practices commonly understood under this heading are well founded. How well, the readers of these pages will discover for themselves in due course.

If they are hoping for weird tales, hair-raising ghost stories, or mysterious manifestations and tricks, they will be sadly disappointed, for these all belong to that category

of occult phenomena with which we have nothing to do. Nor will the intellectual, who considers psychic research the only sensible approach, find grist for his mill. Based on an attempted scientific exploration of mysteries, his is an honest search, a delving into matters which, in the last analysis, elude him. But it has a useful function, in that it attracts the interest of many whose attention could hardly be arrested by any other presentation or approach. The intellectual who was once present and privileged to hear a lesson as it was received, is an example: he complained that it was "couched in undistinguished language!" Like one stricken by a deadly poison, he spurned the antidote for it, because he objected to the pattern on the cup in which it was offered! There is a spiritual blind-spot where semantic trappings become so all-important.

There is, however, a third, far less usual approach to which we were happily led. In the Summer of 1940, we met a number of people familiar with methods of inter-worldly communication. They talked of the wide-spread developments in England in this field, and we began to realize how great a chasm exists between occultism and the rarer Spiritual Communion, which is a reverent approach to the divine mysteries of Eternity, and the teachings received through it by those who possess the gift of receiving them.

At that time, it seemed strange how many entered our circle of acquaintances that year, all interested in some form of psychic experience! Unknown to each other, they converged upon us from all directions. It was as if a dozen threads were being gathered and woven into a pattern, until at last, we became aware that this indeed was a gradual but very definite "campaign" by Unseen Forces, to enlist our personal attention and interest. In retrospect, we realized that repeated efforts had been made to awaken us to the realization and development of powers which we did not

even know we possessed. Twenty years had passed, during which, time and again, psychic opportunities had knocked at our door and remained unanswered. But these had been single instances and not a concerted, marked endeavor to attract our attention. Actually, the writer had been aware of extra-sensitivity, a prescience unrelated to daily events for many years — but circumstances, as well as a disinclination to become involved in matters beyond tangibly familiar fields, had kept this gift in a relatively latent state, despite occasional reminders.

Destiny finally brought matters to a head, early in 1941, when a dearly loved and implicitly trusted friend confided that she had long practiced “automatic writing” with remarkable and beneficent results, adding that she felt there was a message meant for me, which she would try to receive, if I wished. Something urged me to accept her offer. Sitting in the sunshine of a quiet room, she received a message, which ultimately gave us the courage to look into ways and means of communicating with the Spirit World.

We did not know just where this would lead us, nor were we at all sure that we would wish to pursue a course so unusual; but happily for us, we were finally moved to attempt a connection, with the help of friends who were experienced. We were more fortunate in our choice than we realized, in that those who undertook to teach us used the *only safe approach: with prayer, and in a reverent spirit*. This reassured us, as we had a profound distrust of anything related to a séance, or even of seeing some one in a trance. We were positive that if we were to be the recipients of any messages from the other World, it would have to take place under “normal” conditions, without darkened rooms, locked doors or other mediumistic preparations.

So impressed were we by the results of our first attempt, and so encouraged by our psychic friends, that we acquired

a small manual aid — a wooden cross and an alphabet printed in squares on a card — and went home, determined to discover whether we could establish a connection ourselves, without the help of others. From the first, the response was instantaneous and joyful, “sent with the blessing of God.” Accordingly, we were not only willing but eager to receive whatever was meant for us, provided it came as a result of prayer and a quietly waiting, fully conscious attitude. Gradually, we became less tense, and expert at letting the pointer beneath the cross touch one letter after another, spelling out the words of messages. But it must be emphasized that the cross rested *on our forefingers* and was not held by us, in any way. Its vigorous motions were perfectly amazing, obviously in no way connected with us, and at first we had real difficulty in following them. As time passed we had, surprisingly, come to recognize half a dozen spirit entities, by their unfailing and characteristically unique motions in moving the cross! In reply to our question, they spelled out: “*Of course we are moving it!*” Adding that they, too, found it a very laborious form of communication, but saying that it was but the first step in our education and that “far better methods” awaited us, when we were sufficiently prepared.

And it certainly was a laborious method: every word recorded in a note-book after it had been spelled out, letter by letter! At first, we were elated to receive one or two sentences. Finally they told us that “work of a definite and important character” awaited us, as soon as we were able to use less cumbersome methods of communing with them.

Eight months passed, and as longer and more arresting messages came through, we became absorbed in this extraordinary experience. But the solicitous Spirits asked us not to communicate with them oftener than twice a week, “Because,” they said, “*human beings should never become*

too deeply absorbed in our World; it would unfit them to carry on their usual earthly pursuits and duties."

Soon thereafter, we were instructed to try automatic writing, but to "use the cross as a check-up, in case we did not understand what had been written." This again was an amazing experience, because the Spirits wrote as many as seven different handwritings on one page, several of which were perfectly recognizable as those of intimate relatives and friends who had passed on! We were awed and moved, definitely committed to going on, without realizing even then, how truly blessed we were.

Only a few weeks later, we were told to try to hear an "Inner Voice." Finally, the miraculous sensation developed, and to my husband the first message came, clearly and quite unmistakably: "You must be very happy in the realization that God has blessed you both and given you the power to communicate with us. We love to talk to you and will give all the help and encouragement you need, to live a good and useful, balanced life, and to be helpful to all who will come to you. You will hear more clearly as time goes on. Always begin your communions with a prayer to God, and you may feel certain that you will be guarded against interference from any undesired sources."

Years have passed since these wondrous beginnings; years of ever increasing serenity, faith and joy, despite many vicissitudes. Our own lives and those of many others have been fortified and clarified beyond telling, as we have progressed; for the messages teach not only a spiritual, but a practical way of life — one of balanced values and increasing spiritual understanding. They offer a new approach to God, devoid of any sectarian or theological slant, but do not conflict with religious beliefs; on the contrary, they supplement and clarify them.

Our "Friends" warned us not to *ask* anyone to join us in

these Communion; they stated that "many would come of their own accord, when they were ready to partake in this experience, and felt the need of help." And so it proved to be; well over a hundred people, strangers for the most part, found their way to our door, brought by others who had so changed their own whole outlook on life that they wished to share this blessing with friends. And there were others who just came alone; we never asked how. They were of all ages and races, in all walks of life, and there were five clergymen among them, of as many different creeds. Once a week, we opened our door to any who desired to come. The other evening was reserved for our private Communion. There were those who came year after year, and some who came once only. And there were many who begged for copies of certain messages which they wished to keep.

We had long since been advised that we were merely the instruments through whom these teachings were sent, not for ourselves alone, but to comfort and instruct all who desired to be helped and were in need. And, as the grateful recipients of such a blessing, we could do no less than obey.

Doubtless there are those who will question the source of these lessons. To such persons, we can only say that we have no intention of submitting "proofs" that they are not of human origin — although these are not lacking. But, who, indeed, has ever succeeded in "proving" Celestial Beings? To us, it would seem sacrilegious to attempt such a thing, beyond offering the messages themselves.

The great change which has taken place within us, and within so many who have joined us weekly, to hear these Communion, is also proof, sufficient and remarkable. There is a sense of growing wonder and happiness in the realization that Spiritual Communion is a very real, if rare, actuality — fruitful in unending ways and applicable to all the problems of daily life. Taught to lean on God, one faces the tragic con-

flict of our time with serenity and confidence in God's care, and what one is permitted to learn of Eternal Life is the bestowal of a comforting and shining promise.

As we sit in our garden, with the sunlight filtering down through the trees, or listen by the firelight, in a lamp-lit room, this Communion is vouchsafed us whenever we pray for it, in humility and faith. One of us hears the message, through that still, Inner Voice, speaking it as the words come — and the other writes them down verbatim. Outwardly, it is as simple and natural as that, devoid of strangeness. But actually, a miracle is coming to pass, and nothing can dim its wonder.

Brooklyn, N. Y. 1949 —

* * *

A year ago, after a long illness borne with wonderful serenity and patience by the sufferer, the inevitable parting came. The one left behind has been comforted and sustained, led through and beyond the agony of loss by compassionate, infinitely understanding Comforters, to an acceptance almost joyous in its deepened knowledge.

This knowledge offers not only solace, but a responsibility: the opportunity still to help the beloved Soul in its spiritual progress — a fact known by too few — but *which is open to all who are suffering bereavement and who have faith.*

Death is the ultimate test to which the gift of these teachings can be subjected, and it has been triumphantly surmounted. Robbed of all fear and all finality, by virtue of the knowledge these messages impart, this deepest of all human experiences assumed the radiance of an accolade, bestowing the final proof of the unfailing help of God Himself.

Passing through deep waters and emerging with a growing strength and with a truly quiet and thankful heart, it

would be selfish indeed to withhold this source of help and knowledge from those wise enough to accept it, with the profound simplicity of a childlike faith.

Led step by step — even as we were — they will learn through reading and re-reading these lessons, how to re-organize their thinking and their attitudes, their relationship to their fellow-men, to the end that their lives may become harmonious, confident and happy, and their passing across the Unseen Threshold serene and without dread.

Nor are these the only beneficent proofs bestowed upon us, who still are the grateful recipients of this Communion. After the last war, the writer was in regular correspondence with half a hundred refugees of all ages, living in abject poverty, their country lost to them by the rapacious greed of a ruthless power. Through organizing a stream of private relief of practical character, it soon became apparent that the crying need of these people was spiritual, as well as physical.

And so, gradually, many of these lessons were translated and sent abroad, with awesome results. The joy and gratitude of these poor people was even greater than hoped for, their letters expressing such happiness and such a thirst for more knowledge, that one could not refuse it. Pruned of all superficial luxuries and graces — which to most of them had seemed a matter of course — life had been reduced to mere bones, a bare existence, and the souls of these human beings cried out for spiritual sustenance. When it reached them, how wonderful was their renaissance, how unquestioning their acceptance of the form in which it was offered!

A literal translation of one of their letters, typical of most of them, follows: "These lessons which you so miraculously receive, and so kindly send us, travel from hand to hand. That which they contain is so reviving in its effect upon our weary souls, that we are once more hopeful, in the knowledge of what life should really be, regardless of outer cir-

cumstances. We are actually lifted up above the miseries of our daily lot, with a new sense of inner happiness! How can we ever thank you?"

Could words offer a greater proof of the power and impact of these teachings, translated into a foreign language and sent to destitute recipients — both known and unknown — thousands of miles overseas?

At the very outset, our unseen Teachers declared that they would deliberately use *language so simple that it would be understandable to all* — even those who lacked education. But they also stated that between the lines of many lessons, there is a far deeper significance, which only growing perception would reveal. This is a textbook for patient and eager pupils; for those whose way of life has not given them lasting satisfactions, and who are anxious and depressed by the apprehensions and confusion besetting our world.

That this is a deeply rewarding study we have proven through the passing years, which have been brightened and blessed by what can only be called a miracle.

LOUISE HURLBUTT DE WETTER

Westfield, New Jersey
1951.

The lessons in this book have been selected from hundreds contained in twenty-four loose-leaf volumes of approximately three hundred and fifty pages each.

For the sake of clearer understanding on the part of the reader, they are grouped in three parts, gradually leading him to the realization that all one thinks or does is etched on the Soul indelibly, profoundly affecting its ultimate capacity to adjust itself to the Life Hereafter.

Each re-reading develops new insights and a deeper understanding of what these teachings offer.

**Part
I**

LIFE HERE

A NEW ROAD TO HAPPINESS

THE BLESSING OF GOD RESTS UPON OUR COMMUNION WITH YOU.

In speaking to you from our invisible Realm, we shall use language so simple, that any one can clearly understand what we are empowered to say to you. You, who have been chosen to receive these teachings are greatly blessed; far more than you now realize. The lessons are not meant for you alone, but through you are to be made available to all who seek a clearer understanding of God's love, and of the purpose of life, and who desire to find a way to inner security and peace.

Each one will have an individual way of drinking from this well-spring of Truth. You will pass through many phases in your efforts to apply our teachings, until you are able to read them with a growing understanding — not merely accepting the surface meaning of the words.

Then you will increasingly adopt our advice, making it an integral part of your daily life, its problems and spiritual needs. Gradually you will discover that your whole attitude toward life and its events is changing. Your tendency to worry will lessen, your feelings of insecurity will leave you slowly but surely, in spite of all outward circumstances. You will find yourself becoming more kindly and tolerant, more understanding and forgiving toward others and less ready to criticise. Your relationships with others will be harmonious, devoid of petty friction and irritations, and presently, you will discover that you have made many more friends.

But before all this occurs, you must become far more conscious of the nature of your present attitude toward your fellow-men, as viewed in the light of a growing spiritual understanding. You will learn how to conquer fear, and all destructive or unclean thoughts. Some of you will soon feel

a greater awareness of God's loving care and power; to others, this happiness will come later. All these blessings and more await those who are willing to take the road we have been directed by God to show you.

"HE GIVETH HIS ANGELS CHARGE OVER THEE"

FEW HUMAN BEINGS ARE AWARE THAT GOD APPOINTS A SPECIAL spiritual Guide to help all those who turn to Him in prayer. You may call us guardian Angels, if it makes us more understandable to you.

When God gives us someone to guide, we are always present, although invisible. We beg you to remember that you are never alone, never forsaken. We accompany you throughout your days and nights, eager to be of service. God bestows the power upon us to help you in all ways that He directs; we are enabled to protect you from harm, if He so ordains. We can protect your health, and may be empowered to save you from dangerous influences and destructive thoughts; we can comfort you in sorrow, and help you to find peace, where fear filled your heart before. We can teach you to find greater joy than you had thought possible, and we can help you to develop a greater spiritual understanding.

But we wish to warn you against assuming any fatalistic attitude, thinking to yourself, "If God wills all this, we human beings had better leave it all to Him!" You yourselves have your share to contribute, by opening your hearts, letting in the light of God's love through deliberately and willingly begging Him for this help, for He will never force this help on you. And you have more to do: you must learn to believe without reservation, that God *is* the source of help,

of infinite love and wisdom, and that to Him, all things are possible. We know that this complete reliance cannot be achieved in a short while, but we ask you to strive toward that goal. Follow our teachings to the best of your ability. You do not yet dream of the many benefits which will result from such an endeavor.

All Guides can read the thoughts of the human beings they are caring for; we know just how far you have progressed toward spiritual awakening and we know when periods of depleted hope, of worry and discouragement assail you. But do not assume that God will force our aid upon you; unless you turn to Him with an appeal for help to rise above this dark mood, We, your Guides, have to look on in sorrow, unable to offer you the assistance intended for you in full measure.

You must learn never to doubt God's willingness to help, because that feeling of uncertainty, if you permit it to enter your heart, *interferes* with *your ability to receive* the help for which you pray; it is as if a wall were suddenly rising around you, to keep out the answer to your prayer!

We therefore ask you not only to learn to speak to God far more often, but to strive toward complete acceptance of His all-pervading power.

And lastly, we beg of you to accept us as an invisible fact, and think of our loving, guarding presence. If you succeed in doing that, you assuredly will begin to depend more and more on God too, and the purpose for which we have been sent to you will be realized, our battle half won!

What we say to you is not an expression of our own desire; we are the messengers of God, and speak as He wills. He knows what is unknown even to us, and sees what we are unable to see. Ask Him to bless you and us; thank Him for the good that has come into your life, and beg to be shown the way to greater understanding.

THE BALANCED LIFE

GOD DOES NOT EXPECT YOU TO RENOUNCE THE EXPERIENCES AND joys natural to human life. Your task is to aim for a harmonious balance between your mortal requirements and the spiritual needs of your eternal Soul.

It is by taking your place in the mid-stream of life and learning to apply the teachings of Christ to your daily problems and relationships, and aiming for true kindliness and goodness toward all, that this goal can be reached.

No one should withdraw from the activities and responsibilities and customs of community living, in order to become a religious recluse, thinking that true spirituality can only be achieved by concentrating on religion alone. God does not want human beings to lead what your world calls a "purely spiritual" existence, because such absorption, to the exclusion of all else, would be unbalancing.

We assure you, that a truly balanced human being — as we shall endeavor to teach you to become — is farther advanced spiritually than a religious fanatic who withdraws from the impact of worldly life and its demands and challenges.

The teachings of God, as expressed through the life and teaching of Christ, are not just beautiful words, impossible to apply to modern existence; they have a practical, workable application to the daily life and problems of all. It is this realization, awakening within your consciousness, and your efforts to translate it into action, that indicate the growth of your spiritual wisdom.

You must find the time to give to such thoughts and meditations; you may have to arise earlier in the morning, or go to your rest somewhat later in order to do this, but you will find it infinitely rewarding, in your growing consciousness of God's love and care. Seek to understand His ways of

answering your prayers, *for they are never left unanswered.*

But do not expect to convince your *mind* that what this spiritual awareness contributes to your well-being can be analysed by indisputable, measurable facts! Learn rather, to accept with your mind whatever lies in its proper sphere, but leave to your Soul's perception those ineffable gifts which lie in the spiritual field. You cannot permit any argument between your mind and your spirit, for they are worlds apart.

In the balanced human being, mental and physical maturing should go hand in hand, progressing with spiritual growth. Nor is this incompatible with what the world calls success. On the contrary, it is stabilizing and enriching to all who strive to attain it.

This is the understanding which God has directed us to impart to you; it will not only ease your human existence in all ways but will lay the foundations for your further progress, when you are called to enter Eternal Life.

The only possessions a Soul crossing this Threshold has to lay before its God are its faith, the spiritual understanding it has tried to achieve and the record of its kindness toward its fellow-men. All else is left behind with the physical remains of its human existence.

Think on these truths, and be kind to your Souls, for they are the eternal part of each one of you.

ACCEPTING GUIDANCE AS A FACT

YOUR WONDERING THOUGHTS ABOUT OUR PRESENCE, ALL UNSEEN by you, are perfectly natural. You, who have always evaluated every experience or thing on the basis of mental reactions — which are tied to your physical senses — are now

endeavoring to accept teachings from Beings whom you can neither see nor touch, nor hear with your physical ear. Neither can you subject them to any form of human experimentation.

We know just how difficult it is for the majority of people to accept the idea that any communication between their world and our Sphere is possible! It is a thought so phenomenal in its implications that it is completely baffling to the human mind. *But we do not appeal to your mind, which is a tool God gives you all, for use in your mortal affairs.* Contrary to all logic and everything you have been trained to believe and accept, this spiritual experience can never be proven by any scientific experimentations or explained to the satisfaction of anyone who approaches it intellectually. *The only possible way to acceptance lies in a gradually unfolding spiritual perception, without mental comprehension of what is coming to pass.*

You both have learned that it takes long preparation and much practice before that open mind and profound, complete simplicity can be achieved, which alone enable any human being to accept Spiritual Communion and Guides as invisible realities. It is bestowed as a priceless gift upon human beings of His choosing, by God Himself. But no one who is not ready to surrender his will and float passively, deeply desirous of Divine help, will ever succeed in establishing a truly spiritual communion with God's messengers. And furthermore, it must be understood that not all desiring it, will be *permitted* to hear us — otherwise, this blessing might be considered almost a matter of diligent application to reach a wished-for goal, instead of the miraculous gift it is!

We shall try to help you in your acceptance of us, by reminding you that the Soul within you is like ourselves, except that it is still encased in your physical body, for the

time being; it is of the same essence. And it is to this *Soul* that we are empowered to speak.

When we first began trying to attract the attention of a human being and finally succeeded, we were amazed at his reactions, which indicated that he was becoming aware of our efforts. This does not occur instantly; little by little our capacities are strengthened by practice, and after a time we perceive that our efforts are succeeding, that receptivity is developing! Finally, we know that our messages are actually entering the consciousness of a human being. It is a wondrous sensation and awes us, even as you are awed.

We do not speak with voices, as you understand that word; we just think, trying to project our thoughts into the *Soul* we are trying to reach; and when this miracle occurs, it is the *Soul* which receives our thoughts, transmitting them to the human consciousness, in that inexplicable "Inner Voice," which you — upon whom the gift of hearing it has been bestowed by God — perceive so clearly.

There are other forms of inter-worldly communication, but there is a vast difference between these and this Spiritual Communion, approached in humility and with a reverent prayer to God for help in establishing the connection between you and your Guides. And while it is true that human beings seeking comfort find it, in ways satisfying to them through different approaches, we can only stress the fact that the only *safe* method of contact with our invisible Sphere is through prayer.

Guard your Souls from communication with uncontrolled spirit elements, who cannot speak with the blessing of God, and are *not permitted to use His Name*. We are not allowed to interfere with your freedom of thought or action; we may only warn you that you might face dangers of which you have no conception, if you ignore our loving advice.

As you begin to learn and open your hearts more and more to these lessons which God directs us to impart to you, you cannot fail to accept the fact that some Power greater than any known to you is directing the flow of these messages, and is enabling you to hear them.

LEARNING TO PRAY

WHEN YOU TURN TO GOD, SIMPLY AND HUMBLY, TO TELL HIM of all your needs, your worries, your hopes and desires, you are praying as we define that act. It should be a very intimate talk, as between two friends, or as a child would speak to his beloved father. The One who hears has the power of bestowal; the one who pleads is learning the power of receiving.

We deliberately call this the power of receiving; not all who pray have developed it, but those who are conscious of receiving what God bestows upon them in response to their prayers have this power of which we speak, and through it are establishing an ever-stronger sense of God's nearness and reality.

We know that no one can be led suddenly from a state of complete disbelief, or of luke-warm acceptance, to a state of true and deep faith in prayer. It is a very gradual process, but you can all strive to develop it, through expressing your needs and through a growing consciousness of God and your relationship to Him, as our Communion proceed. Count His many gifts and blessings in your past, and you will no longer be satisfied merely to plead for more, but will feel the desire to thank Him also, for those which you have received.

Gradually, a great deal that was hidden from you, before

you had eyes to see, will be revealed to you. This spiritual understanding will lead to a growing dependence upon God. But faith must grow slowly, within your innermost consciousness, taking firm root, as the result of your own earnest desire and prayer.

Let us try to help you in finding the right, inner approach when speaking to God: it is important that you *feel* and think of the purpose of your prayer. If you are asking for health, visualize yourself in a state of exuberant strength and vitality! Or, when you plead to be delivered from pain, consider yourself freed from it already, enjoying the lack of pain for which you pray.

When you ask for inner peace, think of yourself as serene, freed from worry or fears, confident of being guided and helped and taken care of, even though you may outwardly seem to be living alone.

And when you pray for others, try to visualize their responding to this help, and see their newly acquired state of security, or satisfied hunger and the fulfillment of whatever their need may be.

In other words, be conscious of all you ask God to do; don't doubt His power to bestow the blessings for which you ask, nor question His solutions of your problems. Thank Him for having fulfilled your needs.

God always hears all prayers, said in faith; He will never deny requests for help and guidance, but you must leave all questions of the way in which He will send His blessings and answers to His all-knowing wisdom.

We are aware that human beings often wonder to Whom their prayers should be addressed: to an Almighty Power, or to an Invisible Personage. There is no universal pattern which you are all expected to adopt and follow; God is so all-understanding and wise, that He accepts any words spoken in sincere faith. But we would remind you of the

beautiful, all-embracing Prayer, which Christ gave to the world and which begins quite simply, in loving confidence and veneration: "Our Father."

God granted us the power to commune with you, that we might teach you the simple truth, helping you to understand it more fully. Take our lessons, one by one, as parts of a great whole, never thinking that one or two contain the essence of all our teachings. Approach these blessed communions with trusting and grateful hearts, and thank God for them.

These words are for all human beings; words of instruction, care and infinite comfort. We are overcome by the loving power of God's will, which enables us to communicate with you — and we leave you now, in the knowledge of having shared in a miracle.

ON OVERCOMING PROBLEMS

YOU MUST NOT THINK THAT IF YOU ASK GOD'S HELP WHILE facing a serious problem that He will remove it to suit your desires. God works in a different way, the problem itself may remain, but your approach to it, your understanding of it will change, as a result of prayer. And whereas it may have seemed a very difficult, even insurmountable battle to face, you *will* be given the help you need in solving it. It does not matter in what field your problem may lie, be it a question of future employment or work, a financial difficulty, or a matter of intimate personal relationship. It is immaterial whether the problem for which you ask the help of your heavenly Father is of great importance or relatively insignificant, for He is all-understanding, all-knowing and compassionate in His Power.

We have spoken to you many, many times, in our efforts to impress upon you the necessity and importance of talking over all questions great and small with our Lord and we have explained to you that a refusal to do this simple thing is as if a human being dying of thirst would refuse to put his lips to a vessel of life-giving water!

Just try it once — not of course with the idea of daring God to *prove* to you that He is listening to your plea, but asking His help in childlike faith and confidence. His help will come to you in the guise of greater wisdom, greater calm and enduring strength, in new courage and in the feeling of being able to overcome, with His help, what otherwise might have been too difficult to surmount, unaided and alone.

CONQUERING DEPRESSION

WHEN YOUR HEARTS ARE HEAVY AND GOD'S LOVE SEEMS VEILED in darkness, turn to Him in prayer to lighten your cloudy sky. And then, consider what you may do to help one of your fellow-men who is in need. If you know of someone who has too little, share your abundance with him, and do it with a loving, willing heart. Do not pride yourself on having done this, no matter how often; do it because you are learning what God expects of you who are being taught His Truths.

Comfort those who need the sustaining love and sympathy of a friendly human being; interest yourself in the work and aims of those closest to you; be quick to lend a hand when it is needed and would be welcome, and cultivate a listening heart for the unexpressed needs and sorrows of others.

In doing these things, you will forget yourself and your own troubles; God will bless and help your endeavors and you will discover happiness such as you never knew before, singing within you. Your moods and vague disharmonies and your feelings of sorrow and despair will vanish like fog before the sunlight of your growing, selfless love for others. It is one sure way, and it never fails to lead you out of the shadows.

GIVING THANKS

WE REJOICE WHEN WE SEE YOUR PRAYERS RISING IN PRAISE within your heart, expressing your thanks to God for all the things which make your life what it is:

For the love of those nearest and dearest to you. For all your friends. For health and the capacity to be useful; for a safer shelter and sufficient food and raiment. For the beauty of Nature: the sun, the clouds and the moon and stars; for the song of birds and the peaceful hills, for flowers and fruits and all the good things bestowed upon humanity. For the good in people, and for their united efforts to help, in so many ways, those who need assistance of many different kinds.

It is meet and right that you all should thank our Heavenly Father for all good things, for we have told you of the one great and sustaining current which carries you all, giving all life, and flowing from Him, who is the Source of Life. There is nothing in the Universe which He has not made, be it ever so small and seemingly insignificant, from the tiniest creature hidden in the grass, to the greatest planet suspended in the measureless spaces.

These are the things to think upon, when you lift your

hearts, and would escape from what sometimes seems to you the treadmill of existence. Remember how short human life is, by comparison to eternal life, and use your days on earth as best you can. You are building the foundation on which your future spiritual progress will rest, when you come Here.

THE POWER OF THOUGHT

EVEN AS MAGNETIC WAVES SURROUND YOUR EARTH, THE POSITIVE and negative currents of human thoughts flow around it too, sometimes building up an almost impregnable layer of disturbing elements, which we can hardly penetrate!

You will learn of their tremendous power for good and for evil, when you have joined us Here, but then, as far as you are concerned, it will be too late to use the knowledge we impart to you, and the harm of any destructive thoughts of ill-will or unfriendliness you may have during your earthly life will have left its mark.

Thoughts always leave an imprint; they never vanish entirely. All good thoughts increase the stream of universal goodness, strengthening it, and all bad thoughts contribute irrevocably to the stream of evil, increasing its force. Let us give you an example of warring nations: the continuous barrage from these weapons of thought rolls back and forth from side to side like ammunition, as if fired by guns. We see the devastating effect, increasing the hatred, misery and spiritual destruction on both sides, in a terrible, continuous round. . . .

Transpose this into terms of every-day life: If you are imbued with ill will toward some individual, or with thoughts of dislike and distrust, these in time will surely react on that person — *but on yourself as well, because the*

return wave carries the same kind of thoughts towards you! They have a cumulative effect which is both mental and physical, as well as spiritual, and great harm can result.

Now consider that you have kindly thoughts about someone; presently, they will have an effect on him, and he will find himself thinking kindly of you. A situation has thus been created from which both will benefit. We do not mean to imply, however, that kind thoughts will nullify adverse thought currents invariably; if that were the case, a few right thinking people would soon be able to change the whole attitude of humanity itself; but you can observe for yourselves the beneficent effect of constructive influences, and we assure you that it is of the utmost importance that you contribute your share to this good and helpful stream of thought by making a *conscious effort* to do so. You are increasing the power of good encircling your world, and lessening the evil, by just so much — according to each day's effort.

Direct kindly and helpful and forgiving thoughts toward those who need them, but do not expect to see their effect, for these are often quite beyond your knowledge! We, however, can see the beneficent effect Here, both on them, and upon your own spiritual development, and assure you that the results are profound — in either direction.

People whose minds only govern their lives, rather than any spiritual considerations, lack sensitivity, and for the most part are wholly ignorant of what effect their thoughts may be having on others and on themselves. Your eternal Souls are either helped or handicapped by what you think, and having been given this knowledge, from this day on, we beseech you to remember it. Strive to keep your thoughts wholly benevolent, and if you cannot, be *neutral*! By this, we mean shut off the current of your destructive thought, and turn it in a widely removed direction, praying for wis-

dom and help in handling the situation. Refuse to be influenced by what others tell you concerning people; get your own impression, giving each an opportunity to make it, without interference. It may be quite different from what you had been led to expect, because people, like chemicals, react variously in different combinations, although each remains the same individual.

We realize that you cannot control the words, thoughts and influences emanating from others; but you *can build a staunch bulwark, over which approaching waves of destructive thought cannot reach you!* Just turn to God and pray "Deliver us from evil."

As for your own thoughts, remember that they are stronger weapons than any acts. For this reason we implore you to watch, control and train your thoughts, by asking the help of God.

And now, let us tell you what some of the thoughts to guard against are:

There is an evil power constantly working to counteract any loving advice which comes to you through us; we know that every opportunity to wean you away from our teachings and from your growing faith will be seized upon. This power will put doubts into your minds, thrusting in logical arguments, seeking to destroy all that we are endeavoring to build up — by making you doubt the reality of our messages, suggesting that you have no proof of their God-given source! The appeal from this evil source will always be through your senses, whereas we appeal to your higher self, your soul. And other people will be used to serve this power. So bear in mind always, that you cannot fight logic with spiritual truths when such people try to engage you in a debate. There is no common denominator by which such widely separated approaches can be resolved.

Remain serene and steadfast, praying for wisdom to use

the right words. Your spiritual growth and salvation are not in the hands of others; you, and you alone are able to give your Soul its chance to develop and progress, guarding it from the attacks of cynics and other destructive influences.

This spiritual knowledge is given you through us, by God, whose messengers we are, and you now know how to protect your Soul, which is the eternal part of each one of you, from all such assaults on your faith.

DAY BY DAY

CONSIDER YOUR AVERAGE DAY: AFTER A HURRIED PERIOD OF dressing and breakfast, you start out for your day's work. Whatever form this may take, whether outside, at home, or in a school, according to your capacity, this work requires ingenuity, patience and even strength of mind or of body. Trying to comply with all the demands made upon you, you are in a fairly constant state of mental and physical activity. At the end of the day, you return home, conscious of considerable fatigue. You rest awhile, and according to your taste, fill what leisure time is available and finally seek the sleep which all humanity requires.

Where, in the rush of passing hours did your thoughts turn to God, unless you deliberately made an effort? You may be the recipients of His help and guidance anywhere; helped toward a better control of your nerves, to check any attitudes of impatience or of criticism, and helped even to overcome physical ailments. All this may sound very strange, but it ceases to be so once you have accepted the omnipotence of God. He can help not only the needs of your souls, but also the needs of your bodies and minds.

We have long been endeavoring to make you realize that

it is God's wish to help those who *seek* His aid; but *you* must overcome that initial inertia! When you do so, you will find it so easy to turn to Him for sustenance, comfort and guidance, and you will learn to understand that God answers your appeals as He in His infinite love and wisdom deems wisest for you, and for each and every one. Rest in the assurance of God's unending patience, understanding and infinite Power, and turn to Him for His help, day by day.

THE UP-HILL CLIMB

WE WATCH YOUR SPIRITUAL PROGRESS, YOUR ENDEAVORS TO apply our teachings from day to day and are very conscious of the slightest improvement. You need not think that the days which seem lacking in deeper experiences are spiritually unimportant; they are all links in the chain of your inner growth.

The implicit trust and faith, that utter dependence upon God which we are trying to picture for you, are not acquired from one day to another; it is a slow progression of the Soul, but once you have reached a certain level of awareness and faith, never allow yourselves to be pulled back or discouraged, either by cynical remarks of unbelievers, or by the tide of events in your world.

The Power of God is limitless, and whereas it would be easy for Him to perform miracles of startling and dramatic effect at any moment, He does not wish to prove His Power by such demonstrations, in order to turn human beings toward Him in a sudden conviction of His omnipotence. Too many people would be affected by such a superimposed, emotional reaction, and thus evade the long road of a gradually deepening understanding and spiritual knowl-

edge. You must take this road out of a very personal desire mounting within you, a desire which grows toward your goal by your own free will and effort. And this very growth would be circumvented by the witnessing of a sudden, inexplicable miracle! True, miracles do occur from time to time in your world — but only to those who have already begun their uphill climb in search of a closer relationship with God.

But none will find God by casting only an occasional glance in His direction! You must all learn how to search for Him, fighting an inner battle with the distracting thoughts which arise between you and your sanctuary. And if you will but ask God to help you find Him, He will reach down and help you up.

THE SMALL THINGS IN LIFE

YOU OFTEN WONDER WHAT YOU WILL HEAR US SAY TO YOU. Some of you may have very definite wishes in that respect, which of course we know, but it does not lie within our power to choose the subjects of our lessons. These are given us by God, who is well aware of all your spiritual needs, and what would best serve them.

All of you need instruction concerning the attitude toward the small things which constitute your daily lives and seem to fill so much of every day. They may be questions of unimportance from your standpoint and not worth much bother; but these very small things may affect others far more than you suspect!

Perhaps it is a question of choosing the right words, or of using your voice in a certain way; it may be a feeling of impatience or of irritation affecting your manner toward others, or even toward your own duties and work! It is so

easy for all of you to "let yourselves go," thinking that you have a right to such flashes of temper or impatience. But we urge you to try and put yourselves in the position of the other person.

You see, your human lives are not made up of a few great problems which are relatively infrequent — but of constant, very many small ones! Life on your earth is not like climbing one high hill, with the need for a single burst of great effort in order to reach the summit; it is more like walking up a never-ending succession of small hills, before you come to the mountain! It is by training yourselves in the use of sustained effort and strength day by day, that you will be well prepared to meet the larger issues.

A steady drip of water can do more harm in the long run than the sudden gush of a whole bucket-full; a constant, nagging stream of small irritations is far more wearing than one decided altercation. It is not necessary for us to present examples; you all will know how to apply this lesson to your individual needs.

"DELIVER US FROM EVIL"

HOW FAR HUMAN THOUGHTS WANDER FROM THE FIELDS OF righteousness is very apparent to us Here. And how relatively few recognize the source of this sudden departure from their usual, normal trend! They do not know that it is indeed an evil power seeking to tempt, mislead and darken their souls.

We wish more human beings knew how to defend themselves from these murky onslaughts on the spirit, for that is vitally important. History is filled with the struggles of human beings who recognized and wrestled with this evil, which assumes so many and varied forms: Hatred, jealousy,

lust, contempt and envy are all among them. So, too, are strife, unkindness, the bearing of false witness, and all unworthy and unclean thoughts which rise, unwanted, from nowhere, unconnected with anything discernible to the searching mind!

To ward off any and all of these intrusions on the spirit, God has bestowed a Sword and Shield upon humanity, in the words: "Deliver us from evil." You yourselves have often experienced the power of these words; it washes out the sudden, unwelcome thought, leaving not even a trace. The great difference, yea, the salvation, lies in the *recognition* of the evil, and in asking God to deliver you from it, refusing to entertain it for a moment.

No one is proof against these inner occurrences; they are known to all human beings, and we herewith give you the antidote for these poisons of the mind. He who uses it, honestly desiring to be helped and cleansed, need feel no guilt.

OVERCOMING WORRY

WE SEE HUMANITY LIVING IN A GREATLY CONFUSED AND PORTENTOUS period in the history of the world, disturbed and worried by the conflicting interests and influences emanating from many sources. Anxious concerning the future, with fears oppressing them, many are further bowed down by personal burdens or grief which they have not learned how to carry.

Could you look into the hearts of the relatively few who have found the way to overcome these troubles, you would see that they derive their serenity and confidence from their firm belief that their prayers, and faith in the actuality of God's help, have brought results in renewed strength and the quiet assurance that God will guide them.

In spite of a natural inability to understand why they have been called upon to bear whatever their burden may be, they endeavor to realize that the experience may bear spiritual fruit beyond their knowing, if they but continue to walk in the assurance of God's help. This is not mere resignation, it is a growing spiritual awareness which has its roots set deep in unwavering faith.

This quest for spiritual growth and further understanding is one which you should earnestly pursue. We would welcome a more regular, daily effort on your part, withdrawing to some quiet spot — after the early morning needs of the family have been met, or perhaps while they are yet asleep. The first few periods dedicated to finding a clearer path to inner peace may not be completely satisfying, because it takes both time and practice to develop a quiet, relaxed and receptive attitude. The worldly thoughts which intrude must be excluded and that cannot be achieved in a few silent periods. But the beginning has been made, the first important steps in the right direction! However, if these are not followed by a determined effort to clear the way, daily, for a period of needful solitude and quiet, and praying for the right mood, nothing will come of the spiritual quest.

No day begun in this way can fail to be especially calm and blessed, for you have learned the Source of all strength and serenity and peace.

FORGIVENESS AND UNDERSTANDING

THE FURTHER YOU TRAVEL ALONG THIS ROAD WHICH GOD IN HIS mercy has opened to you, and the more truly you endeavor to live according to His teachings, the greater will be the sense of inner harmony and the peacefulness of all your relationships with other human beings. You will be cleansed of

selfish aims, of unworthy desires and reactions; your tolerance and understanding for others will grow warm and deep, and your forgiveness actual, when there is need of it. And when we say "actual," we mean complete forgiveness, which also forgets.

God wipes away the scar of any hurt which you forgive completely and you will find no memory of it haunting your thoughts. But to achieve this, you must do your share: pray for the understanding which is the basis for forgiveness, and refuse to dwell on your hurt, for doing so only plows the furrow deeper. Remember that there are times when *you* are in need of forgiveness by others.

These kindly waves of thought and action are like a golden chain which we can see: each one is a link being fashioned by one of you, and so it goes on, from hand to hand, ever increasing and binding those to each other who have taken part in forging it, with a mutual sense of fellowship and brotherly love. It is a purely spiritual feeling, cleansed of all the dross of lesser affections, because it is often born of pain, or is the result of sympathy, of generosity of heart or hand, *and has been tested*; for to meet another's need, whether it be for forgiveness, for understanding, for affection or for help of whatsoever kind, *is* to have met a test.

You all vary in your capacity for seeing and meeting such situations; some of you pass them by, unaware that they even exist. Others may sense them, but hold back out of a feeling of insecurity, or of suspicion that there is some trap, some ulterior motive on the part of the other person. Others are shy and hesitate to do the natural and kindly thing; they wait so long that the moment passes. But there are many who go about with their spiritual antennae lifted, and with listening hearts, and they are the ones who are happiest, because they never hesitate or fear to take a

chance when action seems to be indicated. And if they make a very human mistake, it was at least a kindly one, and not one to be ashamed of.

We ask you to lean more on prayers and guidance, when such occasions confront you. A prayer can be as swift as the flight of a bird, and no human being asking for wisdom or for help in doing or saying the right and kindly thing, ever asks in vain.

Life becomes so much smoother and people react with such simple joyousness to that approach, that we beg you all to bear it in mind each day. In a world of dark despair and uncertainty, of confusion and greed, you all have it within your power to create an oasis of peace in which to dwell, and to which people will come for spiritual replenishment and rest. But you can only do this by continuing to re-establish your relationship with God, from day to day — aware of the great blessing which your knowledge of His presence and ever-ready help has brought into your lives.

THE GREAT CONTRASTS IN HUMAN LIVES

HUMAN BEINGS HAVE ALWAYS WONDERED WHY THERE ARE SUCH inequalities in human life; why some people seem beset by hardships and others apparently go through life untouched by difficulties or sorrow; why peace and shelter is the portion of so many, and elsewhere, thousands have neither; why many are blessed with health and others are troubled by illness and infirmities.

These questions, so deeply disturbing and puzzling, often lead to mistaken reasoning and sometimes even to the denial of the very existence of God. But those who declare that no loving and understanding Father would sanction such suffer-

ing and injustice, speak with a finality that ignores any but their own limited human knowledge and horizons.

We cannot give you an all-inclusive answer to these questions, for we ourselves are not all-knowing. We may only tell you what our still limited knowledge has allowed us to comprehend and what God wants you to know at this stage of your own spiritual development. Those who assume that God controls human events have forgotten the fact that He bestowed absolute freedom upon humanity when it was created by Him, and that every human act is followed by its consequences.

Your social structure is built upon your own, man-made laws and functions accordingly; the inter-dependence of large masses of people limits and sometimes even prevents their shaping their lives according to their individual wills. Some, who are temporarily in power, are the cause of great suffering and hardship in various parts of your world; but nevertheless, each human being *within himself still has the freedom to recognize and choose between good and evil, as far as his own Soul is concerned.*

Rest assured that where your mind ceases to understand, you may assume with confidence in your heart that God in His infinite wisdom is fully aware of what you have to bear. We, Here, know that all who suffer through no fault of their own, are fully recompensed for it when they come into this eternal Life. Let us assure you also that human beings who have faith in God's ultimate love and power, and who turn to Him for help, will receive it. They will be given the inner strength they need to help them carry their burdens, and if their faith in God's help is strong enough, they may even overcome them.

THE MANY ROADS TO GOD

YOU SOMETIMES WONDER WHICH OF THE MANY GROUPS OF human beings have found the best road to eternal salvation. There are those in your world who claim to have found the *only* road and to be the only ones who have found the Gate, which leads to God and an enjoyment of the Hereafter.

But we are empowered to tell you that no single group is in sole possession of the key to that Gate. None should assume that he alone is the keeper and expounder of Eternal Truth. If the aim is good, toward a closer relationship with God, the effort is good.

Many and divers are the roads that lead to God. They all attract different people; let each one choose the road to his best liking, but none should display or feel superiority towards others.

You, who have been given the miraculous gift of hearing from us directly, have been taught the quintessence of what human beings should know about God, about Christ, about Eternity and about us. You can put your knowledge to good use, not only by trying to follow our teachings, but by endeavoring to be an example of what God can do for human beings who have faith in Him.

From time to time, you may hear or read arguments put forth by those who claim to have found the only right approach to Eternal Life. As you progress in wisdom and understanding, do not think that your knowledge and experience puts you above them; follow your chosen road in certitude and peace, letting others reach for God in their own ways. Let there be no *proselytising*, no preaching, no effort to expand the circle of friends who voluntarily come to listen to our teachings. Proceed undisturbed, and your serenity and strength will shine like a beacon at night, throwing its

light in every direction — not knowing whose path it lights and protects.

THE VARIATIONS IN HUMAN TEMPO

IF YOU WILL REMEMBER THAT NO TWO HUMAN BEINGS ARE alike and that each has his own, individual tempo, you will be saved frequent irritation.

You cannot expect machines with a wide variety in design to move in unison; obviously that would be nonsense! So, too, with human beings and if you will try to apply this illustration to the many situations which may arise in connection with those who do not happen to function within the same rhythm as your own, you will be spared perplexity, impatience and even possible friction which might be mutual.

Most people on your earth seem to be trying in one way or another to persuade their fellow-men to change; to adopt ways or rhythms strange to them. Few are wise enough to accept the multitudes of variations in the patterns of human life, action, customs and thought. You can follow this tendency all along, from couples to family groups, to communities on into the wider groups of nations. Few are content to leave others free to develop in their individual ways up and down the scale, and the efforts to change the customs and ideas of others, to mould or force them by persuasion, take many forms on your earth, even that of outright slaughter, as in your man-made wars.

Viewed from our Sphere, it is a dark picture, its melancholy aspect relieved by the wavering spiritual lights or steadily shining beams which tell us of the presence of human Souls in various stages of spiritual enlightenment,

endeavoring to lift themselves above the world's struggle and chaos in its race for material power. These are the people who are taking the road which eventually will lead them toward the Hills of Light and finally, into the presence of their Heavenly Father.

All our lessons have but one purpose: to bring you closer to understanding the omnipotence of God and His infinite love. We ourselves are Here only by His infinite grace and mercy; without God there would be no eternal Life for us, or for you. Without God, there would only be a dead void — a universe without life, light or love.

RECIPROCAL HELP

WE FELT YOUR PROFOUND PERPLEXITY AND SURPRISE WHEN WE first thanked you for your help. You thought that the help which you receive from our side, through the blessing of God, affected you only. But such is not the case. We shall try to explain how mortals are able to assist us; the reciprocal effect which this communion may have, is indeed strange, when you think that you are human and we are beings of a spiritual world.

You remember being told that the only way to approach this Communion is with the simple faith of a believing child. It is the most difficult of all the things required of a human adult, accustomed to using the intellect with which he is endowed, and which has served him well up to a certain point. But it is *beyond* this certain point, when entering upon a purely spiritual experience, that human intellect is of no avail and you must learn to divest yourselves of it, burdened as it is with analytical faculties and doubts.

Whenever we face a human being who is willing to put

all uncertainties, all lukewarm indifference and all doubts aside, to accept our teachings implicitly, we are joyous and grateful. It fills us with a sense of encouragement. Having accepted us and what we tell you as factual, including our descriptions of the duties we are given by our Heavenly Father here in this invisible world, you will also be able to understand that God hopes and expects us to justify His choice of us as guides and teachers. We must be able to fulfill our given responsibilities in such a way that we can point to a gradual growth in spiritual understanding and progress on your part, as a result of our efforts in your behalf. When this miraculous thing takes place, we have succeeded in our mission and God is well pleased. A human being has responded to our pleas for a spiritual awakening, and the help is mutual.

We ourselves are also guided by those who have reached a higher Sphere of spiritual development and who are as helpful to us as we can be to you, if you permit it, and try consciously to accept our teachings and apply them to your daily lives.

We do not expect the impossible or even the improbable of you; we are grateful for an honest attempt on your part to accept us and our pleas to cherish your eternal Souls and to give them the spiritual nourishment they need while you are still a human being.

Many truths are still hidden from you and much that you will be told, later. We are proceeding as God directs. With patience and growing faith, you will become the recipients of many new and enlightening messages.

THE SPIRITUAL IMPORTANCE OF KINDLINESS

THERE ARE MANY WAYS IN WHICH YOU CAN PREPARE YOUR SOUL for Eternity, but few are more important than learning the

meaning of true kindliness and applying it to your daily life. And we make a distinction here, between the kindliness of which we shall speak, and the kindness known to many human beings.

Kindness is different; it is more of a mental reaction to situations. It is the giving of practical help where it seems needed, but the bestowal closes the transaction. It has not penetrated to the heart of the giver, but has been a deliberate response to an obligation, or because it was expected. He watches the results of his giving, with a feeling of curiosity as to how his gift has been received and what results it may have, and this attitude freezes the kindliness within him. Kindness is also necessary, but it is altogether different from the kindliness of which we speak.

Kindliness is an expression of the heart's response to all phases and experiences in human life, and is above all a benevolent inner attitude toward all men. You may well dislike traits or certain attitudes and habits of others, *but kindliness precludes transferring that dislike to the persons themselves*. By this, we do not mean that you should approve their actions, but there is a vast difference between trying to be understanding, and expressing an intolerance based on distaste or personal dislike. You cannot always be sure why a person acts as he does; his daily life may be burdened with enormous demands, tiring to a fundamentally good nature. Or, his actions may result from some unfortunate experience over which he had no control. If, however, the acts and expressed thoughts are fundamentally wrong, you may definitely express disapproval; but you can do this *without losing your kindly inner attitude*.

Kindliness denotes patience and tolerance, requiring no response or appreciation, and is never embittered if thanks fail to follow a generous act or gift. It recognizes the fact that people are often thoughtless, although they mean well; that they may have grateful thoughts for that which has

been done for them, but may be too ignorant or lazy to put them into words. Kindliness never does anything in expectation of being repaid by word or deed on earth, or in Eternity.

If you expect gratitude from others, the spiritual good is lost and in the sight of God your act has become no more than a cold-blooded, calculating gesture. There is a very great difference between doing something, or making a gift, because of the recognition it will bring, and doing the very same thing because it is right and needed. Act from an inner desire because in the sight of God it would be truly kindly.

At times, it may be difficult to know just how to proceed, and how to keep the picture before your inner self of the way Christ would have acted under like circumstances. We cannot give you definite rules for this, except to ask you to pray for guidance in situations where you are uncertain. Kindliness, while denoting a desire and willingness to be helpful, *never insists on being so, when help is unwanted and would be resented*. In this respect, rely on God's help to guide you through many conflicting emotions!

Never let the acts or opinions of others deter you from doing the right thing; be kindly and helpful to others, *whether you know them or not*! That is of the utmost importance. Mis-applied kindliness — should it ever occur — leaves no hurt, but mis-applied kindness is a form of egotism.

Kindliness does not harbor offended feelings; it does not hold grudges against people. If someone is unjust or unkind toward you, try to forget it. How easy it is to find fault, and criticise the shortcomings of others! When someone thoroughly irritates you, remember that not one of you human beings is perfect, and your actions or words may arouse the same feelings in someone else. If, on the other hand, you learn to take people as they are, *without deliberately trying to make them see their faults*, you will spread kindliness about you that will be ever widening, until its warmth encircles many.

If people are different, and they seem strange, or you do not understand their ways, do not criticise or ridicule them; be slow to pass judgment on their actions and customs. You cannot possibly know or understand all that influences these.

Kindliness spreads a friendly, joyous feeling among all people, for it springs from the heart; accept our advice and you will cease to feel many irritations concerning matters which you cannot change. You will win a great victory over many of your human weaknesses. You will all become more friendly human beings and infinitely more calming and helpful to your circle of friends!

This is the law of Kindliness and we know it is sometimes difficult to live up to. With God's help you can learn and apply it, but without prayer, you will be waging an up-hill fight.

ENCOURAGEMENT

WHEN WE COMMUNE WITH YOU, WE SEE YOUR INNER THOUGHTS laid bare; we can follow your reactions to all you experience and gauge your approach to what you hear from us very accurately. We know whether you are deeply interested in a subject or not, and whether you are spiritually alert, or physically tired. We judge all this by the fluctuating intensity of your individual spiritual light. Whenever it is dim, we know that we have to work against odds.

Today your light was brilliant, and that is why you are hearing us better than on some other occasions. That after all is natural, because you are still human beings, so don't feel discouraged! We understand you perfectly, as one friend understands another. We know that at times you are more receptive than at others but this in no way disturbs us, and should not disturb you.

The scope of your spiritual activity is limited somewhat, as it enters your daily life. It is more like an undercurrent throughout your day. You have to live like a human being and have a great deal to do in your waking hours, and God wants you to live normally. But the strength which will come to you from your spiritual awareness will affect your earthly existence, although it is not meant to take the place of earthly interests. Your physical and material needs remain uppermost, but should be balanced by the strength and wisdom which you draw from your spiritual knowledge.

We rejoice to see your endeavors to apply our teachings, to note your self-criticism when you feel that you have not achieved the standard which we have set for you and to feel your awareness and regret when you have fallen short. No human beings are perfect; it is their effort and aims that count. So, none of you should feel discouraged.

Try not to become so absorbed in earthly affairs that little time is left for your Soul's needs! You will be led along the road of development gently and slowly, until you reach a state of clear understanding of what spiritual Forces are capable of accomplishing. This is not like a course planned to develop your intellectual understanding; it is a course in which we endeavor to develop in you the simplicity and purity of a child. If you are desirous of increasing your mental capacities and knowledge, you need volumes and volumes in which to find what you seek. But in your Communion with us, the simpler your approach, the greater your faith in God, and the more you will know.

The more you remember of our teachings, the more real we shall become to you and this will give you an even greater urge to follow our advice, because you will be convinced that we are giving you this with the blessing of our heavenly Father, as your most intimate, loving and understanding friends and Guides.

HOW TO MEDITATE

THE QUESTION PUT BY YOUR FRIEND CONCERNING SOME METHOD of quieting the circles of thought turning about in his brain, when he wishes to subdue them is, in reality, very simple.

He must first find a place of quiet, where physical relaxation is possible, so that the body may take a subordinate role. When a few moments have passed, permitting the physical tempo to quiet down, he should ask God to help him shut off the current of his thoughts. Let him picture himself wandering in green pastures, beside still waters, which will lead him away from all thoughts which have been pressing upon him, and let his mind rest there, refreshed, serene and relaxed by the surrounding peace.

Presently he will find himself in that spiritual state which his Soul so greatly desires.

What you call meditation, is to us an opportunity to listen to your Soul's song. To you, it is an opportunity to open your hearts to the voice of your Guides, and to face God in humility and faith.

SPIRITUAL COMMUNION DEFINED

THE WHOLE PURPOSE OF OUR SPIRITUAL COMMUNION WITH you is to help you to realize the actuality of God and of Eternal Life. This is the task for which we have been appointed your Guides. There are many in your world seeking a better understanding of these things and a new outlook on the meaning of human life, and our lessons will explain much to you. But true spiritual communion should never in any way interfere with the religious beliefs of anyone; it should supplement these by adding clarity and vitality. The

underlying aim of both these efforts to help all human beings is the same, and they should go forward hand in hand, leading you on through your earthly life and preparing your Soul for Eternity.

What we teach differs radically in some respects from what you might call a doctrinal treatment of our subject; we cut through all denominational barriers, all dogmatic interpretations. Our teachings are like a wind, striking down old and rickety structures, demolishing what should fall and be cleared away, and adding new life and new strength to all that is true, representing the teachings of Christ.

There is a difference between religion and faith; religion imposes certain prescribed duties which you must live up to, if you wish to remain a member in good standing in the group of your choice. Faith is an inner state of mind, controlling your own relationship to God, irrespective of whatever church you join. The Church endeavors to show you the way, but it is your Soul which helps you to find and establish this relationship.

We readily admit that the many religions developed on your earth through the ages are the only mainstay for humanity's desire to draw closer to God. But we believe that religious teachings should undergo a radical change. They should be simplified, because they are often steeped in unnecessary and confusing detail. The simple, underlying Truth is too frequently all but buried beneath a mass of doctrinal embellishments. We may add that we see powerful forces at work to cleanse and revitalize religion on your earth, to strip it of unnecessary man-made details and attitudes, thereby making it more and more expressive of the will of God.*

There is a difference between religious rituals and a permeating knowledge of deep spiritual truths. Not every one

*This message was received in 1941.

will sense the fine distinction. When human beings talk of religion they generally have Christian religions in mind; but we meet Souls of *all* religions as they arrive Here. They are all received on an equal footing, for we look at all Souls only for their fundamental goodness and purity of aims quite regardless of their former sectarian connections during their earthly life.

Even human beings who — through no fault of their own — have never heard of God are conscious of a Supreme Power. They feel some infinitely superior Force to which they pay homage, according to their traditions; for over everything and every one on your earth lies the Presence of God. When the souls of such people come Here, they soon learn that there is only One whose will is supreme. Their belief in Him grows, as they see what takes place Here and they realize that all is based on love. They need an additional period of adjustment because there is so much for them to learn, as they had not the faintest conception of what they would experience. But we may reveal to you that it is far less difficult to teach the Soul of a good, so-called “heathen” God’s truth, than it is to appeal to an indifferent or sinful Soul.

You must remember that there is not one road only which leads to God; there are many ways. Each one of you has his own individual approach, which is the important thing, rather than the sectarian group or religion through which that approach is furthered. As long as human beings insist on preserving iron-bound distinctions of any kind which divide their religious groups, leading to competition, jealousy and sometimes even to strife and actual persecution, you are a very long way from understanding what God expects of you!

The spiritual awakening which we are endeavoring to bring about in you through these simple lessons will greatly increase your joy and sense of security and peace. But to

acquire the kind of faith which we hope to help you establish firmly in your hearts, you must be in daily communion with God. You must, through daily prayer, reach that state of conviction which will leave your faith firm and unshaken by any attacks made upon it. A faith which wavers, varying in its intensity and depth, is unstable and not the strong support which you all need so much and which we are striving to help you achieve.

In helping you, we hope to do even more; there is need for people of strong faith among the masses of humanity struggling with their confusing fears and problems. The vast majority fail to lift their eyes to God, concentrating on material things from which no help can ever come. But when such people realize that someone they know, whom they have learned to trust is upheld by faith in God's wisdom and love, it amazes them. Surprise may be followed by curiosity, by thoughts, and then by questions.

Then the moment has come for you to reveal the Source of your inner calm, your serenity and happiness, which nothing can take from you, the help you receive in overcoming worries, through your knowledge of the true meaning of prayer; your feeling of assurance that God hears all prayers, said in faith.

According to their capacity for acceptance you may also reveal that these new strengths have been given you through Spiritual Communion — conveyed to you by an Inner Voice, after a period of stillness and a prayer. Tell them how these teachings have changed your whole lives, how they have removed all fear of death, all uncertainty of an After-life and above all, tell them of the love of God. Explain this miracle to them: an open heart is all they need to learn these Truths.

Those of you who have the gift of actually hearing us through this Inner Voice, have been vouchsafed a glimpse

into Eternity, and into the ineffable mercy and love of God. And those who have been present to hear these miraculous messages passing from our invisible world to yours have witnessed as great a miracle as ever can come to pass on your earth.

YOUR INVISIBLE ARMOR

HOW BLESSED YOU ARE, WHO HAVE AWAKENED TO THE FACT that each of you who prays for it has an invisible Guide and companion, always ready to help you, to guide and to guard you, by the will of God Himself! We feel like elder brothers to your Souls, still so inexperienced in spiritual knowledge, learning to find your way through the maze of human existence.

God is guiding you through us, and you must try to realize how very direct and intimate this guidance is. Having accepted it, you will learn how to interpret how God prepares the way for the help to reach you for which you have asked. But it is important always to remember that unless you do ask, we cannot act: God gives human beings complete freedom; he does not force His help upon anyone. It comes as a result of your desire to have it vouchsafed you.

There is very little which cannot be harmonized and solved by a regeneration of the human spirit, and a turning to God. When this clear and simple fact finally dawns upon a man, his way becomes a charted course, leading to a shining goal. No longer is it a tortuous and shadowy path, choked with the underbrush and weeds of doubts, indecisions and vague fears, but a road, clearly leading onward and upward.

We do not mean to imply that there are no further obstacles to overcome, for there certainly are. But these stem

from earlier habits which can be overcome and eliminated gradually through prayer, faith and your own endeavor. So never feel discouraged at your slow progress; just keep working at those particular faults. Retrace your steps and pause to think; perhaps to do something which you had left undone, and so gradually you will eliminate one tendency after another which you know falls short of your best effort in all things.

In this, we beg you to make use of the great, invisible aid we are empowered to give in all situations, whether they are of great moment or not. Accustom yourselves to turning to one who is closer than your own shadow, who can read your thoughts and feel your happiness, your perplexities, or sorrows.

In time, you will learn to interpret much that occurs in the light of your new spiritual knowledge. You will be spiritually alert, recognizing the opportunities sent by God which come your way; but remembering, too, that He leaves you free to decide whether to take advantage of them, or not. You will realize the needs of your Soul for spiritual sustenance, for communion with its Creator and feel an evergrowing awareness of His Presence in all things that are good and beautiful.

Bearing these things in mind, and asking God to give you the strength and the wisdom to fight the temptations assailing all human beings in so many forms and disguises, you will walk surrounded by an invisible armor, your faces turned toward the Light.

MORE ON THOUGHTS AND THEIR PERMANENCE

WE HAVE SAID SO OFTEN THAT WE CAN READ ALL YOUR thoughts. What we have not yet told you is that these same

thoughts, emanating from each one of you, spread in all directions like the rippled surface of a pool into which a pebble has been thrown. These waves spread until they reach the shore, and your thoughts spread until they reach us. The interesting point is that these same thoughts of yours remain a part of you almost forever. When you come to us you will behold this fact yourself; your human thoughts and acts form what we might call your future spiritual personality. It is by these that you will be known, rather than what you looked like, or what knowledge or talents you may have accumulated while on earth.

This may serve to help you realize the importance of guarding your thoughts. We hope to show you how you can help this future YOU, by developing a kindly, helpful attitude, by suppressing thoughts of dislike — and of course of hatred — and developing the habit of projecting only good, constructive and healthy thoughts, suppressing as far as possible any tendency to thoughts of a destructive negative nature.

You can apply this word of advice to your own daily life — not that we want you to become an optimist in the superficial sense of the word, but that you should face each new day with a definitely affirmative, hopeful thought. Not overlooking your difficulties or denying their existence, but rather, approaching them with confidence, strength and a complete reliance on God's help.

All of you have kindly thoughts which too often are permitted to sink back and fade out, half born. I assure you that for the welfare of your Souls it were better not to have had the thought at all, than to have had it and to have given it no heed. A kindly impulse not followed by action spoils something spiritual within you, whether it is the result of listlessness, inattention, indifference or absorption in other things!

HUMAN FRIENDSHIPS

THE QUESTION OF HUMAN RELATIONS, EVEN AMONG FRIENDS, gives us frequent cause for wishing that we could lead you all into saying and doing the right things!

Friendship includes a great many varying ties between humans because it is a word of many interpretations. We know of those based on a mutual deep understanding, where the affection of both is equally strong. But there are friendships where the distribution of emotional depth is uneven, because both have not the same capacity for feeling. This may lead to a freezing of emotion. When one extends a hand and it is not taken by the other person, one withdraws it and by withdrawing it, the strength of affection is reduced, in a lack of understanding. It affects each in a different way; one may feel repulsed, while the other is quite innocent of such an intention — but the bridge between them is lacking in its keystone.

All of you must have experienced such a situation, where after a hopeful beginning, you withdrew. But you must understand that you cannot always expect the same measure of friendship and understanding which you are able to offer yourselves. You should never apply a static yardstick by which to measure the depth of mutual understanding and friendship. You should be willing to accept in others what they are willing and able to give in their own way, and remember also, that it is never the duty of human beings to try and change another in an effort to make him conform to their own individual desires or taste!

It is, moreover, necessary for you to know that what you may interpret as a shortcoming on the part of another may be counter-balanced by a similar feeling on his part. Also, the capacity for response or signs of appreciation may be very different in two people.

You should learn that when you give of yourself, you should not *expect* an equal response, but that you should continue to give *for the sake of giving*, if this comes from the heart and not from your mind; that is, with an ulterior motive. Friendship is one way of giving — and having given, you should not withdraw the gift, unless it was voluntarily returned to you. It is a gift based on love and understanding and these two ties should not be abruptly broken.

You have learned that your thoughts carry more weight than your acts in forming your character, and it is never pleasing to God if a human being voluntarily undoes the good which his original thought of giving implied.

Of course you have all experienced times when, through no fault on any one's part, situations bring about a fading and cessation of those outgoing rays of love; people move away to other parts of your earth and the connection is automatically broken. But we cannot repeat it too often; consider the importance of your thoughts toward all, as they affect both you and those toward whom they are projected.

GOD MOVES SLOWLY

YOU SHOULD BE FILLED WITH WONDER, AWE AND GRATITUDE AS you await the unfolding of spiritual instruction which is coming to pass. Be submissive and do not feel impatient, expecting startling disclosures. God moves slowly, making sure that those whom He has chosen to receive His lessons are well prepared to understand and accept them, as they are imparted through us, His messengers.

We have many things in store for you, but the knowledge imparted will be disclosed to you gradually, depending upon your inner understanding of the real meaning of our teach-

ings. There is such a thing as an over-supply of undigested information and you will be guarded against this. We, who are able to read your thoughts, will be governed by the degree of your capacity for absorption of what we are allowed to impart to you.

You still have a long way to go, but you are on the right road!

A GUIDE TRIES TO EXPLAIN THE FUNCTION OF SPIRIT

YOUR DESIRE TO SENSE OUR GUIDING PRESENCE STILL MORE WILL soon be crowned with success, in that you will become far more aware of the Forces surrounding, guiding and guarding you.

We are never permitted by God to remain with you very long, for your sake as well as ours, because you would get used to a certain Guide to such an extent if we were allowed to stay, that instead of thinking of us as an invisible Power giving you help and instruction, you would begin to feel almost as if we were also a personal Being, which we no longer are.

The difference lies in the fact that being pure Spirit, we are what that word implies: an impersonal Entity, a unit of love and care, ever present and in very close touch with your Soul which is also a Spirit within you.

You cannot describe your Soul by using expressions which would apply to human beings; it is something you acknowledge, the essence of which you recognize, but you do not think of it as having a shape, a color, or size. That is also our state of being. Confronted by Forces which do not admit of any intellectual specifications, you cannot measure or weigh them, or experiment with them, although you admit their value in your daily life.

The Spirit within you, if given full rein, would direct the purpose of your thoughts and actions and would help you to climb to the heights of human happiness.

Do not begin to argue with yourself, trying to explain in your mind what we have just said; let these remarks rest within your consciousness, returning to them at some later date, and you will see the value and wisdom of our words. Remember that spiritual enlightenment comes only as a result of spiritual searching. This is never accomplished swiftly. There must be a prelude, a period of deep desire and constant watchfulness. When you are all alone, and have the serenity and the time to let your thoughts wander into this mysterious sphere and you succeed in leaving earth-bound problems and thoughts aside, you are approaching that state of balance between earthly existence and spiritual needs which leads to inner growth. But you cannot expect this to take place if you spend day after day in complete absorption in earthly interests alone.

After all, what is the real purpose of these Communion? It certainly is not because of a superficial desire on your part to hear from those whose human bodies ceased to exist long ago! Neither is it just a wish on our part to lead you to a recognition of our factual existence in another world. Taken by themselves, neither of these reasons would justify the repeated miracle.

Follow our teachings and you will ultimately reach a state of such faith, peace and calm, that this will shine from your eyes, causing others to wish to know the secret.

Although you may not feel it, time passes very quickly on your earth, and human life is short — a period of preliminary training before your souls are called to enter Eternity. Therefore remember that hardships, difficulties or other experiences are of infinitely short duration comparatively speaking, and will all pass. Treat them as passing,

rather than measured only by your earth-bound, time-measuring impressions!

Nothing is of such lasting importance as your spiritual growth, the road which leads you onward through learning how to live in peace with your fellow-men and recognizing the fact that God, your Father, is the Creator of all living things, Helper of all mankind.

THE QUIET, TRUSTFUL PATH

WE SOMETIMES WONDER IF YOU HAVE ANY IDEA HOW MANY people in different parts of the world are sending their thoughts through space in gratitude for the love they feel going out to them through our messages? We, who can see all these beams of light, know what a glory they comprise, and it seems almost as though you too, must be able to see it in all its radiance! It is ever brighter, as more and more learn of the closeness of God, and the quiet, trustful path of love that leads to Him.

You know how exceedingly difficult of attainment this attitude is, which first of all demands the shedding of all thoughts which are barriers or raise doubts in your hearts. The utter simplicity of faith is so different from the attitude sought and admired in your modern world, where so much homage is paid to intellectual attainments, material success and cleverness of all types! How greatly it would surprise many who consider themselves sophisticated and wise in the ways of life, if they could but realize that these very things build a wall around them, through which it is so hard for them to find a way out, not only to the hearts of others, but also to the feet of God!

None may come to Him, who is the only Source of real

happiness and of inner quietude, with self-confidence in their own human knowledge, self-assured though they may be among their fellow-men! You must all learn to walk softly, with the heart of a child, the hope of a child and the faith of a child, that God will turn the light of His love upon you, and hear your prayer as it rises from your innermost soul to His listening ear.

And such is His love for all who come to Him with their burdens and their fears, their hopes and desires, that He showers His blessings and His help upon them all. It comes in forms not always understandable, but looking back to the past, each one of you will be able to recognize some of God's answers to your supplications. Ask Him for wisdom and insight, that you may receive His help consciously, know its purpose, and be wise enough to be thankful.

THE NARROW BOUNDARIES OF EARTHLY LANGUAGE

WHEN WE TALK TO YOU OF PURELY ETHEREAL SUBJECTS, WE often find it difficult to crowd our thoughts and words within the narrow boundaries of your earthly language and understanding. We, who dwell in this invisible world, are conscious of the differences separating us, in that, bound as you are by the limitations of the human mind, thoughts and conceptions which seem simple to us would be quite confusing and incomprehensible to you. For the duration of our activity as Guides, we therefore have to acquire your viewpoint in approaching such matters, that we may find it less difficult to translate to you our feelings and experiences.

Take, for instance, the unlimited space-and-time-lessness, in which we live! How can we put it into your language, without using terms which would be meaningless to you?

We have told you that space is non-existent where we are; that at a moment's notice, we may find ourselves beyond the outer limits of your visible universe. How can we explain to you, that beyond your visional limit, lies an endless area hidden from your sight, but extending into Eternity? And that we may soar about there, and still be in touch with you, because it takes no time for us to traverse such infinite spaces? This lies beyond your comprehension.

The same pertains to time, which you may count by thousands or millions of your years — all of which have lost any meaning to us. What happened aeons ago, to us is *still* like a present occurrence. And Souls who came Here far before *your* scheduled sense of time, are still with us, as if they had only just arrived!

Your earthly future is limited by your span of life there; to us, your earthly sojourn appears as a complete and finished picture. We see both your childhood and your declining years, all of which we observe at a glance. We see occurrences and facts as they affect you, in a sort of sequential order, but without always being able to take the time factor and its importance to you, into account. This might easily lead to misunderstandings, because an occurrence might be described by us which has not yet materialized as far as *you* are concerned, but which to us appears as if you had already experienced it, or had reached the moment of it.

This is why we do not like to answer questions pertaining to a future, time-measurable occurrence.

We often are directed by God to say things to you, which will have to be elucidated by future Guides; you must therefore be prepared for a very gradual deepening of your understanding of the full meaning of many of our lessons. Those who will follow us, will have many things, great things to tell you, which will shed light upon much that you have already been told and have only partly understood.

The greater spiritual development of your future Guides will make possible to them that which was impossible to us who have not yet attained their degree of wisdom. We all realize our limitations, and have done our utmost to carry you along as far as we could take you, in the knowledge that we ourselves would advance according to the execution of our task and your response to our teaching.

You have been willing and grateful pupils, for which we thank you far more than you realize, for you cannot know how much depends upon your acceptance of our guidance and your efforts to take our lessons to heart.

BEACONS SHINING IN THE DARKNESS

IN THESE TIMES OF GROWING CONFUSION AND DESPAIR IN YOUR world, the universal need of humanity is for faith, serenity and balance. Our lessons are showing you the road to this shining goal and you, in turn, can do so much to help others, for your ever stronger faith will be like beacons shining in the darkness, helping and encouraging others to find the one solution for their troubled thoughts, by seeking the haven of peace so obviously found by you.

He who has made God his partner is safe from attacks by others who would exploit him; he is untroubled by the fear of being a target of ill-will or jealousy of others. He is free from the feelings of loneliness and friendlessness, for being friendly himself, he will find friendliness, sympathy and good will, where in the past he had been doubtful and afraid to face what to him seemed like a cold, indifferent world. He has cast aside worry and lives in hopeful anticipation and helpfulness, sharing the fruits of his spiritual knowledge with those willing to receive it.

He who leaves his burdens at the feet of his heavenly Father, can turn and face the world, not as a warrior armed to fight, but as a peaceful disciple of God.

NEVER FEEL UNWORTHY OF GOD'S HELP

WE SOMETIMES HEAR HUMAN BEINGS SAY THAT THEY FEEL unworthy of God's help. Never feel that way; never be afraid of overstepping the boundaries of His infinite compassion. God's help is yours for the asking and it is indeed necessary.

He knows that each day calls for new decisions, that obstacles have to be overcome; they may be large or small, of your own or of other's making. You all face many demands upon your mental and physical strength and life is fraught with temptations of various kinds. These last are all rooted in the manifold persuasions of the Evil Power, striving to lure you, directly, or reaching you through other human beings. These temptations include all things which are unworthy, dishonest, cruel or base; we here refer to your inner selves, to the reactions of your minds and of your flesh.

We realize that in many instances your moral training and intelligence will help you to overcome them. But all of you are in a quandary now and then, uncertain as to how you should act or what you should say! At times, even after giving it much thought, you are in doubt whether you have spoken or acted in goodness or fairness to all concerned.

At such moments, you should have turned to God for His ever present guidance. Whenever you do this, you will feel the warmth of our love as His messengers surrounding you as with an invincible armor, for you know that we are

permitted to reach out and help you, through God's infinite wisdom and mercy.

REVEALING THE SOURCE OF PEACE

BLESSED AS YOU BOTH ARE IN THIS MIRACULOUS ASSURANCE OF God's ever present help, which has been made known to you through us, it is not only your privilege, but we regard it as your duty to help others by radiating both cheer and calm which are the outward signs of a firm and unshakable faith. People who feel it, will ask its source; they will want to know how to acquire this enviable spirit, so signally conspicuous amid the confusion and despair in your world. And then, to each one of you who knows God's truth as taught by us, His messengers, the opportunity to help your fellow men has come.

But don't, we beg of you, speak without a swift prayer for wisdom and grace, that the words you will utter may be inspired through our help and may be adjusted to the capacity for understanding in the human being whom you are about to help. If you will remember this, you will always do your part as God would have you do it. And if you will remember to add also a prayer for the one who stands before you seeking aid, asking that his heart may be opened and that he may realize the need for utter simplicity and childlike acceptance of what you are about to say, you will do even more toward helping him to find the way to peace.

You have been warned by many of our predecessors against an intellectual approach, because matters of the spirit are utterly unrelated to and far above any process based on reasoning. To take that path would be to invite

confusion. We fully realize the difficulty of suddenly turning off this useful current, by and through which you persuade yourselves that you manage all the affairs of life! We are willing to admit that it is indeed indispensable for earthly, material affairs and for adventures of the mind along intellectual paths. But we *must* succeed in convincing you of the complete separation which in actuality exists between your intellect and your Soul.

Only then, will you be able to lift your hearts unto the Lord and feel the Light of His Spirit giving you strength to meet and overcome all human events.

It is this for which we have been sent to you and we pray that we may help you to a complete realization of the meaning of our words.

CALM AND CERTAINTY IN TROUBLED TIMES

LIFE ON YOUR EARTH IS BECOMING MORE AND MORE COMPLEX, more and more fraught with uncertainties. Troubles are brewing in various corners of your earth; sorrow will engulf many people, and only those who believe in God's almighty and all-loving care will weather their troubles not only calmly, but in the joyous knowledge of having conquered fear.

You, who have received this blessed gift, the source of so much peace and hope, are indeed blessed beyond words. You, and those who come to hear our Communion and have accepted them with humble gratitude, live with a new sense of direction, with a reason for living over and above that generally felt by human beings, when they think to analyse the cause for their existence.

You have had a wonderful illustration of our words, in

the results brought about by the translation of many of our lessons which have been sent overseas. We, who guide your pen and thoughts, as you write to the many homeless human beings, rejoice over the change which has taken place in their thinking, in their prayers to God, in their ways of handling the events and difficulties of their daily lives, in their loving-kindness toward each other and in their attitude toward those whom they hitherto had failed to understand. We see how all this has eased a situation little short of desperate, lighting it with moments of pure joy.

You have but a vague picture of the vast difference made by this spiritual regeneration, but we see in it its true dimensions and scope, as a vast and far-reaching, wholly glorious panorama.

Surrounded as you are by a clamor of voices making dire predictions, reporting unfortunate happenings, as well as the clash of human ideas from all corners of your earth, it is understandable that you should feel apprehensive, because the events of this age in the history of mankind are so great as to dwarf man himself, and a feeling of impotence is natural.

However, those to whom God has vouchsafed the knowledge of His Being should never lose heart, nor share the feelings of confusion or despair so prevalent among those lacking spiritual Faith. To you, assurances have been given through us, your Guides, of God's loving care and unfailing wisdom. You must trust in Him to lead humanity through the darkness of the present age into a brighter future — for never in the history of your world have people turned to God more often.

You must all work for peace, with words both written and spoken and with prayers, whose power is far greater than you will ever know.

THE POWER OF SELFLESS PRAYER

TODAY YOU RECEIVED A MESSAGE FROM A SUFFERER WHO ASKS your prayers. Think of her in this long drawn-out agony of body and mind, which is drawing her Soul to the Light, and know that her trials will not be prolonged much further. Surround her with prayers for her inner peace, and supplications to God that her pain may be eased and her fears allayed, and that she may learn to place herself in His care; know that her Guide is with her always, and will lead her across the Threshold when her hour comes.

As we look around your circle, gathered to hear our teachings, we perceive that each one of you has loved ones who are beyond your physical reach. You cannot ease their problems by your presence, or by any gift. But we assure you that you can send them far greater help than you realize, by asking God's strength-giving help for them. You may never know how much you have accomplished in their behalf, nor will the recipient of this help realize it suddenly, but these prayers open the gate to a flood of light, letting in strength and hope and peace-giving rays.

We, who can behold the results of such prayers spreading their benign influence, know whereof we speak and assure you that you may be of the greatest assistance to *any one* near or far, toward whom and for whom you direct your request to God, for their encouragement, strength, peace and blessing.

But we warn you that you must find time for talking quietly to God about these problems; it is not sufficient for you simply to whisper "Oh dear Father, help so and so"—and then, thinking that you have done your part, that you can resume your usual round of activities! No—for such prayers, you must find a quiet interlude of peace, shutting out all other thoughts except those concerning the needs of

the one you are praying for, begging our Father's help and compassion in their behalf.

God's blessing always rests upon those who pray for others without thought of self. His Help reaches those for whom these prayers are said. Constant love and prayer are like an ever-flowing stream . . . their results and blessings are unfailing.

On this, the eve of your Thanksgiving Day, God has instructed us to put this knowledge at your disposal, planting its divinely comforting seed deep into your human hearts. May it grow and flower and bear the fruit which will indeed be a blessing to every one of you, and all those whom you love and desire to help. Amen.

NEW PATTERNS

WE KNOW JUST HOW YOU FEEL AND WE KNOW HOW YOU HAVE been striving to readjust your life to a new pattern, which also will leave room for the quiet which you need for keeping in touch with us, and above all with our teachings.

The pressure of practical affairs demanding attention is something you will have to learn to align with the needs of your spirit. It is comparatively easy when one is alone for hours on end to tune in on those matters which assist your spiritual development. However, the test of their application to daily living, and the ability to maintain contact under very different conditions, as well, seems a very worthwhile exercise indeed, and one in which all you humans should strive to perfect yourselves.

Our lessons are not only for times of serenity and peace, but for use at *all* times.

"COINCIDENCES"

WHEN A SITUATION ARISES FROM A SEQUENCE OF SEEMINGLY unrelated happenings, you call it a coincidence, a strange combination of unexpected circumstances through which you sometimes feel that supreme happiness or good fortune resulted. Or, thinking that one thing just led to another, you call it a logical development. Far from it! It is true that one, first thing leads to a series of developments, but that *first* impetus must be brought about. We tell you that only God can do that.

Looking back into your past, you can recall how far removed some happenings seemed from one another, how totally unrelated, and yet they were drawn together to produce a very unexpected situation. God, in His loving wisdom, co-ordinated these unrelated events, presenting them in the hope or expectation that you might draw the right conclusion and take advantage of the situation which had developed. He never forces you to do this; when an opportunity is presented to you, you must decide of your own free will what to do.

A deeper understanding of God's mysterious ways may often explain what otherwise might seem an inexplicable coincidence. You will learn how to interpret much that occurs in the light of your spiritual knowledge, which you otherwise might pass by. You will ever be on the alert, spiritually speaking, recognizing the opportunities which come your way but still feeling free to decide whether to take advantage of them, or not.

You will also be able to trace uncompleted trends; uncompleted due to the fact that at a certain time or moment, you yourself were unwilling or actually unable to see the significance of the links connecting one experience with another. We need only to refer to our many attempts in the

past to reach your conscious acceptance of this invisible World!

Therefore, when we say that there are no "coincidences," we mean to convey the factual knowledge that the way may be prepared, but also that you are free. We do not mean that you are always ready or willing. Remember too, that our words are to be interpreted as spiritual in their import; we are not referring to superficial matters, or purely material coincidences which were merely lucky only — but mainly to such occurrences which have — or might have — finally led to deeper experiences or insights, and to the great inner happiness and therefore to greater well-being.

God guides you through us, and as you accept this fact, you will learn better how to interpret it and understand how God prepares the way for the help which you have prayed to receive.

AT HOME IN GOD'S WORLD (A message for a refugee)

THROUGH YOU, WE ADDRESS THIS MESSAGE ESPECIALLY TO ONE who in her old age has been forced to come to a strange part of the world. But this message also includes all, for no human being who feels himself to be a child of his Heavenly Father, is actually a stranger anywhere in his Father's world, for God created your earth to be the home of all His children.

The significant question is, whether one feels this consciously, knowing oneself to be in God's care and surrounded by His all-embracing love, or clings to the memory of some geographical spot, as though that alone spelled home?

A believing human being puts his hand in the hand of

God, and should feel at home anywhere on your earth, as he will also feel Here, when he crosses the threshold, a new-comer to our Sphere.

Long ago, you were told that all who ask God's help are given a guardian angel or Guide — it matters not what you call us in your earthly language. You know too, that it is his duty to keep in close touch with the soul of his charge, ever striving to keep it from harm, being helpful in all ways.

We wish to say to the one for whom this message is being received by you, that she may increase her perception of this invisible care greatly, through prayer, meditation, and a desire to become more aware of it. She should thank God for this blessing and protection. A Guide not only tries to further the spiritual growth of his charge, but much more besides. Tell your friend that we are empowered to comfort her, when she is bowed down by sadness, to imbue her with new courage and to help her attain the wisdom she needs in various situations, and to help her carry her burdens. All this we do with the blessing of God.

But we need the cooperation of the human beings we are appointed to guide; they must have faith in God's power to answer their pleas. Faith also in us as God's messengers, empowered to bring the help for which they have asked God. No one who has learned of our invisible presence is ever helpless, forsaken or alone — and this includes you all.

THE HUMAN QUEST FOR HAPPINESS

WHY ARE SO FEW PEOPLE REALLY HAPPY, EVEN WHEN THEY possess everything — to their way of thinking — that is desirable?

To us, who have crossed the Threshold of Eternity, the

answer is clear, for we can read the thoughts of men as easily as they can read a printed page.

Moods of depression and unhappiness overtake all, from time to time, who believe that the secret of well-being lies in material success or in the full development of their intellectual or artistic gifts. But still the inner yearning and sadness confronts them, despite all their efforts to satisfy it and they search for an escape, or for help among those who profess to be able to cure such conditions of the mind.

But we, who know the underlying cause of their difficulty, tell you that no human being who doubts the existence of God can be proof against such moods of unhappiness and depression. These hours of sadness and despair and the sense of frustration arise within them, because they are feeling the voiceless cries of their own neglected and hungering Souls.

There is a limit to all purely human endeavor, a point beyond which no amount of activity and effort can take a human being. It is a slow dawning of realization, which is often retarded by intellectual processes or the very opposite: superficiality. And those who fail to discover the reason and cause of their dark moods, which continue despite all devices to escape them, struggle on, often to the verge of despair and even of taking their own lives.

We observe a state of depression which covers masses of human beings on your earth like a pall — and no one, and nothing, save God Almighty, can lift this load from their hearts. Not even He will do so unless human beings seek Him, and learn to turn to Him for help.

THE WORLD'S UNREST

WE SEE YOU GREATLY TROUBLED BY THE EVENTS IN YOUR WORLD, but we urge you to realize that no single human being can

help matters by anxiety. Those of you who have learned the power of prayer would do far better to pray that wisdom and strength, clarity and honesty of purpose be given those in authority. There is much unclear thinking, much acting and talking with ulterior motives and far too little consideration of the needs and rights of others, among all men in high places.

The babel of their voices and the confusion and bewilderment of their thoughts, the devious and cunning plans hatched in the secret places of their minds, are all known to us. And we may tell you that there are very few who seek the help of God in their extremity as leaders of a confused and despairing world. That is where the trouble lies — and those who do see clearly, speak with voices crying in the wilderness.

We have for years been preparing you to meet these events with an inner strength and serenity born of inner peace which rests in the knowledge of God's wisdom and loving care of all who turn to Him in faith.

No matter what the outer circumstances, you are all free to develop your inner spiritual life, and it is this which will endure and is the record of your earthly achievement which alone will accompany your Soul when you cross the Threshold into this Life of the Spirit.

May the peace of God dwell within you and the love of God surround you, and the strength of God uphold you.

"UNANSWERED" PRAYERS

OFTEN HUMAN BEINGS REFUSE TO PRAY, BECAUSE THEY THINK their prayers have never been answered. They want immediate results; they ask God for something, or to change a

situation, and then if nothing happens and their wishes are not fulfilled, they begin to doubt His hearing them and even His very existence!

This is a very mistaken and foolish attitude; people forget that they should not *tell* God what to give them, but instead should ask as a child would ask his far wiser father, accepting his decision. They forget how ignorant they are of their ultimate good and how shortsighted! And where they are ignorant, God knows and has His way of shaping their future, which may have been the very subject of their prayers. If they learn to accept His decisions without bitterness, ultimately they will be benefited, although they cannot see it at the moment.

No prayer said in earnestness and faith was ever left unanswered, but you must learn to understand God's ways of answering your prayers, knowing that these are always for the good of your Soul.

We do not mean to imply that Our Father is unconcerned about the physical comforts or discomforts of all, but He sees infinitely farther than any of you or any of us possibly can! For the sake of alleviating some temporary burden or disappointment, God does not overlook the importance of the possible development of your spiritual understanding, which is far more important than the fulfillment of purely earthly desires, which, for all you know, might thwart this very progress!

Happiness tumbles like a waterfall, bearing you along on its swift current, with little time for thought. But pain and trouble creep slow, and sit down for long pauses, which mould and sculpture the human Soul. The plowed field is the fruitful field and God drives His furrows deep in some of you, that your Soul's harvest may be the richer. Try not to think of burdens and suffering as merely hard to bear, but lay your hand in the Hand of God, and ask Him to help you

carry the burdens. Ask Him to let them enrich your understanding of the sufferings of others, teaching you unselfishness and tolerance and forgiveness. The way in which you learn to bear your suffering will determine the harvest in your Soul and the inner purification and enlightenment experienced. Try to believe this, for there is never any suffering which leaves no trace. It may be mental, physical, or material reverses, but with the help of God, there is no human experience which is not lightened and rendered bearable.

Remember that God is far more concerned with the spiritual development of human beings than any other phase of their earthly existence and while leaving them free to exert their own will, reacting to all experiences as they wish, He nevertheless repeatedly gives them opportunities which may stir their Souls and awaken their feelings of need for His guidance.

When you see anyone suffering from any cause, remember that you can help them by praying in their behalf. Ask God to give them surcease from pain, and His divine aid in all ways; that even though they may lack physical strength, their spiritual strength may be increased manyfold. You cannot imagine how much very actual help you can render through prayer, no matter where the sufferers may be, in whose behalf you plead.

Much of your human trouble is not sent by God for your Souls' benefit, but arises from sins committed by human beings against each other, by men against Mankind. And yet, we see many finding their way to God through the very hardships they have to bear, often quite innocently. Therefore, when you observe people who have what seems to be more than their share of pain or anguish, remember that none of you can look into the Soul of another, or know what is actually taking place within it. Take care not to draw conclusions too lightly, for all you see is external,

and whatever deeper glimpses of inner thoughts a human being may care to reveal.

If you think your prayers unanswered, think on our words and do not allow discouragement to weigh your Spirit down, particularly in the beginning. This relationship of recipient of God's blessings is not as simple as that of one human being to another; it is an entirely different relationship of bestowing and receiving. You must learn to be still, to have patience and above all, faith.

God wants you to fight your way through to Him, discarding doubts, impatience, distrust and the feeling that you know best what is for your good. Even in the face of a seemingly prolonged denial of your pleas, you must find your way to acceptance of God's wisdom and all-embracing love. You have to work for this, with perseverance, perhaps with weak belief, but also with growing faith in ultimate help. Learn to be quiescent, depending entirely upon the will of God in the granting of your request. And finally, you yourself will be aware of your own spiritual progress.

Be comforted in some measure by our assurances that those who seem pursued by ill-luck on your earth develop into strong and joyous Souls when they come Here. And rest serene in the knowledge that if you turn to God, depending on Him to lead you, your immortal Soul will never be hurt.

We see you all in your various stages of spiritual development; we see those who already have advanced far toward the realization of the power of God's love. We see others stumbling along the road, and those who have not yet started to follow the right path, but who will find it. You all differ in this as in all other things, and God judges each according to his individual effort; but His helping Hand is ever ready to clasp yours and His divine love embraces you all.

"THE HAND OF GOD"

THIS BLESSED COMMUNION IS GRADUALLY INCREASING YOUR inner understanding of spiritual truths, not only as applied to those new vistas opening to your Souls, but to the many problems inherent in life, from day to day.

Through these messages, you are being given a peace hitherto unknown to you; spiritual comfort eases your path, and strength such as you had not thought possible, is yours, through your growing faith in God's far-seeing wisdom and love, despite occasional burdens and hardships which — to the uninitiated — might seem to contradict both. Human knowledge has nothing to offer by comparison, for only faith can build the bridge over some situations which appear like deep gorges into which you fear to fall!

Then it is God's Hand stretched out, waiting to lead human beings to safety across that bridge — while the Dark Power waits, endeavoring to turn the faint-hearted aside, away from that Help awaiting their appeal for it, in any situation.

There will be periods in the lives of all of you when your faith in our teachings will be greatly tested, and we pray to God that you will emerge from such periods, enlightened and strengthened still further, through the knowledge that if you put your trust in Him, His Hand will uphold you, and the ultimate outcome will be beneficent.

When high waves of sorrow or misfortune seem to threaten your safety and darkness engulfs your Spirit, turn to your Heavenly Father in childlike trust, and you will see how the skies clear, and the sun will shine again, dispersing the gloom, as peace and strength descend upon you. Then, you will join us in praising God and singing His glory.

A FOUNDATION BUILT UPON A ROCK

THIS IS A WONDERFUL MOMENT FOR COMMUNING WITH YOU. You have thanked God for all the beauty in Nature surrounding you and you are attuned to His presence, and to ours. We want you both to enjoy fully all the loveliness, peace and calm surrounding you on this perfect morning.

Float in the knowledge of God's guidance through us; absorb the strength which comes to those who are able to sense the peace-giving influence of His almighty wisdom and love, and let it refresh you.

When you stop to think what we have been able to accomplish — if you can look objectively at yourselves, as compared to your inner state years ago — you will be quite astonished. Long ago, we told you that your spiritual development would have a two-fold effect on you; that you would perceive many, many blessings, which in turn would have a rejuvenating influence on your physical well-being. You already see and acknowledge the truth of this statement.

We see you both continuing in your spiritual development, but quite slowly; it takes time for human beings completely to absorb and actually to understand our teachings. We see a very definite road before you; we see you progressing, developing more and more in spiritual understanding and receiving increasing strength and benefit from our teachings. We see you continuing to lead a life well balanced between earthly and spiritual interests; you will become more tolerant, more understanding and therefore more patient. Your friendships will grow and deepen and you are about to enter the happiest years of your lives.

In order to help others, you must be conscious of your own weaknesses and faults, as well as of your strength; you must overcome them as far as possible, before you can teach others how to do likewise. We want you first of all

to work on yourselves, and remember above all, to ask God to help you in all things.

In you there has been laid a foundation upon which we may now start a structure built as on a rock. For all this, you should daily thank God, who chose you to receive our teachings. His wishes will be transmitted to you by us and they will be manifold, but they will never go beyond the strength bestowed upon you, and you will enjoy following our advice. Whatever the instructions you will receive from time to time, they will not interfere with your normal life.

You are beginning to turn to God for help in many things, and always the response has surprised you; it has come swiftly and conclusively! But why not turn to Him more often still? You do not have to wait until a serious situation confronts you; all day long human beings are faced with countless situations or questions, and you must realize that *no issue is too small for God's help*, nor should you ever hesitate to pray for it. No child should feel unworthy of its Father's love and care in all things. He is a very refuge for all who need help and comforting.

PROGRESS

IN THE EARLY YEARS OF YOUR COMMUNION WITH OUR SIDE, your Guides were, comparatively speaking, newcomers in this First Sphere, where there is continuous, progressive development. Those Souls who have been admitted to this Sphere and finally are appointed to guide some human being, speak to their charge only by permission and direction of God.

Young Guides have not yet lost that feeling of nearness to the earth, and still retain some of their human qualities,

in that they feel almost as if they had stepped into another room, from where they cannot be seen, but still may converse easily, as though through an open door. But despite these feelings of closeness to you, they are filled with a deep sense of spiritual responsibility and love toward those whom God appoints them to guide.

These newly appointed Guides were often able to give you advice concerning your earthly affairs; indeed they were greatly concerned in all your problems, material as well as spiritual. They spoke of themselves as your intimate friends, and so they were. We all are; but what we all are empowered to teach you comes from God Himself and is suited *both* to *your* gradually unfolding spiritual understanding, *and* to the development and degree of spiritual wisdom of your Guides, who are also endeavoring to mature and advance in all ways pleasing to God.

But we, who have been Here longer, have moved far beyond that early state and have ceased to think of ourselves as possessing any semblance to a human form; we have become pure spirit. Despite the fact that we are more ethereal, more delicately drawn and therefore more elusive, we nevertheless are as real as you human beings think *you* are! To the Souls all about us, we have also become less personal to their perception, and yet retain a semblance of individuality recognizable to them.

Having moved onward to a state of deeper spiritual understanding and therefore more all-inclusive love, we are also permitted to behold more. I might liken it to climbing a hill by very gradual stages, and finally overlooking the broad expanse of the valley we have left behind. In our former state, we beheld only the immediate area surrounding us. Now, seeing more from the hill-top, we are also more withdrawn from that which has opened to our vision. The individual details have been fused and we behold the pic-

ture as a whole, the importance of specific situations subordinated to complexities of a far wider scope. This is, of course, a comparison simplified for your human understanding.

The panorama of the world with its countless human beings lies spread before us. Nevertheless, when we are chosen by God to become his messenger, appointed as the Guide of a specific individual, he at once appears to be lifted out of the general world picture, which sinks into a sort of background, against which we clearly see everything pertaining to his life; all that moves and affects him. Our duty toward him has made him the central, main theme — as far as we are concerned. This does not affect our greater spiritual remoteness, however, and that is why we have to exert ourselves to the utmost to enable your Earth-bound Soul to hear us with sufficient clarity to transmit our message to your human consciousness.

As you yourselves progress, a younger, inexperienced Guide is occasionally appointed again, in order that communing with you may help him practice his task. You have always responded with recognition and generous understanding — as far as humans are able to understand — to the earnest endeavors of these younger Spirits, and you have received their grateful thanks. This, in turn, has helped your Souls.

The wonderful and inexplicable happiness which fills our Being when we see our efforts are helping someone on your earth is — one might say — inherited by our successors, your next Guides. We proceed, ever close to higher regions, and may never be able to speak to you again; but those who follow us continue our work, and are given the knowledge of all that has already been taught you. So, when a new Friend and Guide addresses you, do not look upon his messages as coming from a stranger; be assured of his friendship, his

love and his care, and the powers bestowed upon him by God.

While beseeching you to lean on us more and more for guidance, which comes through us from our Heavenly Father, you must ever remember that we are ethereal Beings, devoid of shape. A Soul is a floating embodiment of thought, of love and of adoration of God.

THE WAY TO PEACE

THIS IS A TIME IN YOUR WORLD FOR SILENT MEDITATION, FOR prayerful hope and for all personal contributions each and every one of you may make toward peace in your own, immediate circle. For this is the only way in which our Father's will may be done on earth, as it is in Heaven.

There is no way of legislating peace and good will among men toward each other. They must desire it, striving for it in their own hearts; expressing it by abandoning old hatreds, old prejudices and all feelings of superiority toward any other human beings, that they may learn to walk together with an ever-growing sense of universal brotherhood, undeterred by what others may think, say, or do.

For each one of you is responsible for his own thoughts and words and for the integrity of his acts. These alone determine the progress of your eternal Souls.

We give you this to meditate on, with the blessing of God.

**Part
II**

THE LIFE HEREAFTER

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THE END OF THE WORLD

INTRODUCTION TO PART TWO

WE, WHO IN THE PAST TEN YEARS HAVE BEEN THE RECIPIENTS of thousands of messages, feel that some word of explanation is needed before the descriptions of Life in Eternity on the following pages can be read with any understanding, or appreciation of their importance. They were not given in response to any questions on our part.

First of all, it is necessary to bear in mind that Souls vary in experience and maturity; their descriptions of their surroundings reveal this very clearly. It seemed intentional that we should be led to understand how, at *first*, they interpret their impressions and feelings in an amazingly human way!

The opening messages came from those still in that earliest state of believing that they could "taste, touch and smell," strangely human in all their desires and reactions. The spiritual awakening and progress of Souls in the Hereafter takes time and one is moved and awed by the wondrous compassion of God in giving each Soul all it needs during this period of great adjustment. He permits a very gradual realization and acceptance of the profound change into a disembodied existence on the part of Souls unready for it, as they sense a dawning knowledge that the earth has irrevocably receded. Often this occurs to those still in the first flush of youth, suddenly and without warning!

From far more advanced Guides, we received further descriptions, to complete a picture still hard for human beings to comprehend. We were told that a far greater difference separates a spiritually mature Guide from a newly arrived Soul, still struggling to understand its surroundings, than exists between the latter and ourselves, on Earth.

As one Guide once quaintly remarked: "No Soul flies to Heaven a ready-made angel!"

In the first stages, everything a Soul desires or thinks of, is instantly realized and to its still very limited understanding this all *seems* actual, tangible reality! It quite naturally follows that its earthly tastes and desires have influenced these thoughts and wishes, and the previous attitude and way of life determine its acceptance — or refusal — of the gentle help offered by Guides, sent to welcome all newcomers facing the vast Unknown.

When a new arrival is faced with the realization of its new existence, this is not always accepted calmly, or even with resignation, nor is every Soul ready to begin the effort of casting off its bad habits and sinful earthly inclinations. We are told of the ever present temptations in this preliminary period; how great is their drawing power over those who never learned self-discipline. And how often such wavering Souls are in great danger, unaware of the path they have chosen to take of their own, free will, heedless of the distressed pleadings of Guides sent to warn them.

These descriptions were admonitions and warnings to all human beings that we, too, inevitably will face the consequences of our way of life, of our faults, weaknesses and sins, unless we work to overcome them for the sake of our immortal Souls, while yet we have time, here on earth.

But we are also given wonderful pictures of peace, harmony and joy; of mutual love and help, of duties eagerly performed and of transcendental happiness. There is comfort for the suffering, solace for the bereaved and a heartening reassurance for all those who live in fear of death; for this last is but a crossing over an unseen Threshold, into a vital, wondrous Eternal life.

DEATH

THE TRANSITION FROM EARTHLY LIFE TO OUR INVISIBLE REALM will be much easier for those who are spiritually prepared to die. You can contribute a great deal during your lifetime toward making that future step across this Threshold a smooth and even happy one. It will also save a good deal of time in adjusting to the profound change, and you may be spared a great deal during that period through which you all have to pass, when you first cease to breathe.

You have already been told that when a Soul first reaches Here, he is greatly bewildered, conscious of a different state of being, which he cannot understand. His transition has become a fact, but it is only slowly realized by the new arrival. Presently, he discovers that he can soar about at will, and before him he sees the actual beginnings of Eternity.

Presently he is aware of others, who draw near with hands extended, as if in greeting, and he is greatly surprised at beholding friends who died long ago. Still later, he becomes aware of the surroundings, which seem strangely familiar and yet different; he sees woods and streams, fields and sky. Only later does he learn to differentiate between earthly and heavenly scenery!

Looking at the earth he has left, he begins to see human beings, Souls, still enshrined in their physical bodies. He recognizes family and friends, but when he tries to speak to them, to touch them, he finds that they neither hear nor feel him. . . . We know how he is affected then, because we went through the same experience; at first, it gives one a sense of helplessness, almost of unreality.

But gradually, with the help of loving Souls about him,

the newly arrived Spirit makes an adjustment to the realization of the fundamental differences between our Life Here, and the existence of human beings.

You must all go through this period of transition, during which you will gradually perceive that you must learn to discard your human features, your likes and dislikes, your prejudices and habits, your sense of possession and all that seemed to fill your human life and needs. All these cease to be of any importance, for none of them remain with you. The only thing of any value which your Soul will bring over Here is its measure of spiritual preparedness.

You have to adjust yourself to the fact that you have become a Being without a body, without earth-bound connection; a Being who, after a time, learns that it will have to face a great decision: whether to strive onward, toward further spiritual development, which ultimately leads to the First Sphere — which is the first step in progress beyond this Preliminary Plane where all Souls enter, — or whether its choice will lie in the opposite direction, along a road pleasantly tempting at first, but which ultimately will draw a Soul down, further and further away from God, into final oblivion.

This may sound like a fairly simple choice to make, as we describe it, but we assure you that this decision is not so for many. It is far clearer for one who has prepared to make it, while yet a human being. We, who have experienced it ourselves, and who have progressed to the First Sphere through the help and grace of God, can aid you in this struggle through our teachings. *That is the only reason why we wish to commune with you.* When you come Here, you will look back on your earthly life as a very short and temporary sojourn, a sort of preparatory school for the Life of your eternal Soul. Then you will also realize what you might have accomplished by giving greater heed to our lessons, for you will perceive the measure of their importance.

You will smile when you look back at the trials and worries which so burdened your human mind, and the many things which then seemed so vitally important will have lost all significance, completely.

We are separated from you by only a small step — the dividing line between your world and Eternity. We say “a small step,” because it actually is except that you call it death.

This mysterious moment, which no living creature has been able to describe, to most human beings seems an end to everything they value and enjoy; the end of their existence and a source of anxiety and of fear. If only they could know what awaits them on the other side of this closed Door, they would feel calmed and reassured.

The life of the Spirit which continues, is so much richer, so much more joyous and vital than any you can possibly imagine! Not a life of inactivity, but one of increased activity, full of duties and responsibilities and happiness, all based on individual spiritual accomplishment and growth of the Soul — *over which you human beings have such a profound and amazing influence* while you are still on your earth!

When this separation of body and Soul is preceded by illness and suffering, it is a very hard experience; you cannot understand why a loving God should subject you to such trials, nor can we explain it now. But you may rest assured that this bodily endurance is not in vain; those who bear it without bitterness of spirit will be richly rewarded in the Hereafter, in a way which should console your troubled thoughts.

And, when your time comes, remember that the parting from your loved ones will only be of short duration — far shorter Here, where time does not exist. Although you will be sorrowful at the thought of leaving them, you will actually remain as close to them all as you ever were on

earth, for you will read their thoughts and behold them as they live on. Remember too, that you will be met by all those whom you loved, who came Here before you; and, when one by one, your dear ones follow you Here, you will all be reunited again and continue a life far transcending your earthly experience in happiness, because you will be in the invisible Presence of God, bathed in the light of His eternal love.

MOURNING

WE WOULD BE SO GRATEFUL IF OUR WORDS HELP THOSE ON your earth who have lost someone who was dear to them. There is much you do not yet know and one of the important facts is that you can still help those you love, even beyond death.

There is a selfless way of mourning and also one that is egotistical and that does real harm to the departed Soul, struggling to adjust itself to its new state of being. New arrivals Here still feel very closely attached to their former lives and to all earthly matters. They enter the Preliminary Plane of enlightenment and adjustment, still possessed of all their human characteristics and are often baffled and confused by their conflicting emotions and desires. During this first period, they are too often drawn back, impeded in their spiritual progress by the yearnings and sorrow of those whom they love and have left behind.

These sorrowing thoughts about recently departed Souls have a very definite influence on their struggle for freedom. A selfish longing for the Soul's return to earthly life and trying to preserve the memory of its physical image too long, holds back the progress of the liberated Soul and

greatly troubles it. The love they feel for you is as actual as ever, but so also is their distress over your despair, *which they can both see and feel*. We know of many cases where definite harm has been done to Souls attempting to free themselves of their former ways, by just such mourning as we have described.

The selfless mourner thinks of the invisible Soul with great love, but tries to control despair and desires which cannot be realized. Finally, a selfless joy is achieved; joy for the one who has been liberated, freed of all earthly suffering and hardship, and has been given the opportunity to join God's invisible hosts. And then, the gratitude of the Souls you love is beyond our power of telling.

We know that it is natural for you all to grieve for those who mourn, but you should never feel sorrow for the liberated Soul who has left your earth.

In advising you all not to be inconsolable in your bereavement, we know that we may hurt the feelings of many; but we ask you to believe us when we say that it is far less important for us to consider the feelings of human beings than it is to offer them this loving advice: to realize the great need of a Soul for freedom and progress Here. Accept the fact, we beg of you, that you can offer very real help by your human understanding and selfless love.

The frequent desire of bereaved human beings to establish contact with loved ones Here is a great problem, because when such a contact is made, through one of the various possibilities, it is harmful to that Soul, *unless it speaks with the permission of God and without being urged to do so from your earth*. When God deems it wise, He permits Souls to commune with those they love; but then it occurs with His blessing, and without personal, human insistence.

Much that is inexplicable to you now will be made clear

when you join us Here. You have been told that after a Soul has finally passed through its adjustment and is allowed to enter the First Sphere, it may, *provided it has the permission of God*, seek to commune with human beings again, without harm to its own spiritual growth. But remember, no human being can judge when this first period has been completed and the new Sphere attained. Souls who may have left your earth long, long ago, may still be units of surging emotion, as immature and inexperienced spiritually, as they were when crossing this Threshold! Therefore you should never attempt to apply your standards of time, when wondering whether a Soul has passed into a higher Sphere or not.

When you think of those who come to us, try to be grateful for their liberation. Their going is a serious blow to you, because you can no longer see them, and miss their loving companionship; it seems to you as if they had been wiped out of existence. Actually, they are very much alive, wide awake and closer to you than ever before, because they can read your every thought. We know that understanding this spiritual closeness and companionship is beyond the capacity of most human beings, but we ask you to believe that love is the all-bridging power which outlives even death.

REUNION

WHEN YOUR TIME COMES TO CROSS THE THRESHOLD, DON'T HESITATE in anguish in leaving those you love; sooner than you can know, you will all be reunited. A whole lifetime on your earth is but a moment as compared to our Eternity.

It is so strange to us Here, to observe how many human beings believe that what they call death is the end of everything — whereas it is only the beginning!

We see your thoughts accompanying a very new arrival on our Side. You know what awaited her Here, from the first moment of being welcomed by her loved ones and being led gently to a still place.

She rests quietly, relieved of all pain and suffering and will soon awaken to her new freedom. A newly arrived Soul is like a butterfly released from its chrysalis, warming itself in the sunlight, fluttering back and forth, until the consciousness of a new life dawns upon her, and she finds herself. Then, her rapture will be without end!

You will not mourn her, because you now understand enough to refrain from doing so, and your happy thoughts and wishes for her are helping her to loose herself from everything that might hold her back. Already, a new light is beginning to shine upon her. . . .

We only wish that others who love her might know as much as you both do; it would help ease this transition from a physical being to a liberated Spirit. Pray to our heavenly Father for the comforting wisdom of a selfless, understanding love for all the needs of those who have come Here, and for faith in that happy reunion which He has promised all Souls in this radiant, everlasting Life.

A MESSAGE FROM A FRIEND

MY DEARS, I DID NOT THINK THIS POSSIBLE, EVEN WHEN YOU told me what messages you were receiving from Our Side. I wish I could have accepted it then, and the help which that knowledge would have meant, but I was afraid of it! I realized my mistake almost as soon as I crossed the Threshold Here, and felt your strong spiritual support helping me on — almost like a crutch, holding me up and counterbalanc-

ing the drag of the mourning of those so dear to me, who lack your understanding. We are so sorry for them, and we pray for their enlightenment. If they do not attain it while still on earth, we shall be here to give them every help and comfort during their progress through the period of bewilderment and with God's help they will emerge into the light, even as I was allowed to do.

It was so wonderful to find Mother and Father and others ready to help me! I have no words to describe the happiness and relief of being free from all the physical ailments which handicapped me almost all my life.

I am so sorry for B. but am permitted to know that we shall not be separated very long and it is my endeavor to help him in every way, although he is unaware of it. In his own way, he does a great deal of thinking and my going has turned his thoughts in the direction of this Life. How I pray that he may be helped to realize God as a fact, even before he comes here! It would be so much easier for him.

I wish my sister did not feel so heartbroken, it distresses me. Perhaps she too, will begin to turn toward God. It is our constant prayer.

You were so right when you felt us all gathering to watch you and the children around the Christmas Tree, and we thank you for your light touch, in giving us merely a loving thought of welcome, without any attempt to draw us closer and hold us. We know that it is no lack of love on your part, but arises from a desire to do your share in contributing to our spiritual freedom by avoiding everything which could draw us back and hold us down.

You have no idea how strong the ties of life are, and what a fight it is to loosen them! One feels like a diver in lead boots, caught on the bottom of the ocean by some entangling growth, with the light dimly seen above. And it is a great struggle to get free and rise toward it, even with the help of

those Here, who surround one with such helpful solicitude. You know, it is almost like a magnet pulling one back. But thank God, I have made it.

It is an extraordinary feeling to hear you repeating my thoughts and the joint message of those Souls who were my parents. You know how much I would love to send a message to B. — but I know how much it would upset him. He is even less ready for such a thing than I was, when you tried to give me the message from my Mother. I do not know whether I will be allowed to speak to you again, but we both know that we love each other and that in due time we will all be reunited — a wonderful thought, for which we should all thank God. So I shall not even say good-bye, because I am often near you. Bless you both.

PROLOGUE BY A GUIDE

WE HAVE WATCHED YOU WORKING OVER AN EXPLANATORY introduction to the second part of our book, concerning descriptions of Life Here by Souls, in varying states of spiritual maturity, permitted to impart them to you. It is well, for no human beings reading these, can hope *fully* to understand their actual meaning. They may dimly perceive God's wondrous patience and love toward all; but they cannot comprehend their limitless range, which fills the Universe, beyond any periphery penetrated by human thought.

These attempts by Souls to describe what they experienced after their arrival Here — as they discovered their whereabouts and gradually adjusted to them — are limited by two barriers; that of human language and comprehension. And this must always be borne in mind, when reading such descriptions: as far as the maturity and capacity of

Souls speaking about their experiences permit, the descriptions are true, but you cannot even begin to fathom how much has been left unsaid; how gradually a Soul's perception develops and how, as its spiritual progress continues, this widens in scope and deepens. As you have already been told, this progress is unending — beyond even our capacity to imagine.

The partial descriptions vouchsafed you have but one object: to reveal to you all the need for a spiritual awakening, a change, a regeneration of the desire to do and think those things which in God's sight are good, kindly and helpful, both for the sake of others and for your own development. You have been given the ultimate reason why all who read should heed this warning, and have been taught in amazing detail just how to work toward achieving the state of heart and mind pleasing to God.

It is your own personal free will and problem, how you apply these lessons; but it is also your duty toward your eternal Soul to consider them earnestly and to ask the help of our Heavenly Father, that you may be led in the right direction. And lastly, give thanks for this enlightenment, given you all by His loving will.

A GROUP OF GUIDES TELL OF ETERNITY

THE TRANSITION FROM LIFE ON EARTH TO THIS SPHERE WAS very sudden and yet in a way, gradual. I was still on earth at one moment, and in the next had left it. The gradual part refers to my slow realization of what had taken place, and to the gradual adjustment to conditions Here.

At first I seemed to be asleep and dreaming, but the dream was apparently coming true! I saw a beautiful land-

scape with meadows, trees and a waterfall, but they did not seem like any I had known before; there were many flowers of great brilliance, with butterflies and birds flying about. The trees were enormous, beautiful in their color and form. Only gradually did I realize that these were not earthly scenes.

We retain all our senses, only developed to a much finer degree; our characteristics and natural feelings are unimpaired. We are allowed to do many things; some of us garden or farm, others like to paint or play on musical instruments, and the music we hear is so heavenly that words cannot describe it! When we feel tired, a dimness surrounds us, and we rest. We do not have day and night Here, as we did on earth; the light that shines upon us is the light of Heaven. If we feel like it, we can lie under the shade of a great tree; in fact, we can do anything we wish to, as long as we remember that we are in the Light of God's invisible Presence, and as His children are living in Eternity.

Little by little, we discover that we need only to wish for something, and it appears! This is a very strange sensation, as even you can imagine. Some of us wish for favorite animals we had, and they join us; a landscape needs creatures of God's making to complete it.

After a while, we find that wishing to be somewhere takes us there in an instant! And that is an amazing sensation too. Everyone around us seems to know us, and is friendly and kind, and there is an atmosphere of great happiness and freedom.

We are not bound by any space Here, we soar about just like human thoughts fly, without sense of time or distance. But we do not have wings as we used to believe angels did, when we were children.

After we have more understanding and feel more at home, we are allowed to roam out farther and farther into

the surrounding Universe. What you see as distant stars, are quite close to us! During these excursions we see many other Souls; some of them we knew on earth. They are somewhat changed in appearance; the old ones seem younger, and those who were children when we last knew them have grown to full adults. By this, we mean to give you a picture of mature Beings. But all Souls mingle freely with one another, each apparently know all the others at once.

This is Heaven, where all is peaceful and loving.

* * *

Another Guide:

Being Spirits, we have no bodies, but if necessary, God allows us to appear as if we had; we may look as we used to on earth, when we welcome our loved ones who come Here, so that they will recognize us and rejoice! We may also change our appearance when meeting little children who come here and need playmates; then we can look as little and young as they are, so they won't feel lonely and sad. God takes care of all the needs of every Soul.

We love to talk to our many friends Here, but we do not use human speech. We communicate our thoughts to each other without words, and all of us instantly understand. Thoughts, being boundless, are a kind of international form of communication, and all fears of misunderstandings have vanished! All Souls understand each other, no matter where they used to live on earth, and what tongues they spoke. This gives us all a wonderful feeling of closeness and unity with one another.

Although we exist in a very different Region, we can still see you, and be very near to you. It is a closeness very real to us, although most of you human beings are unconscious of it. We can all read your thoughts, and see what you are doing and all this makes us feel especially near to you.

We are completely free, in all ways, provided we use our

freedom well and for the glory of God. In many aspects, Heaven is like the earth we have left, but life Here is freed of sickness, pain or earthly limitations, and death lies behind us.

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A Third Guide Speaks:

It was not so very long ago, even in your parlance, that I passed from a state of physical, material life into this Sphere of very conscious but spiritual existence. The transition came when I had grown weary of all my earthly problems and the ups and downs of life. I had grown old and this release from my humanly frail body was a relief to me.

I had lived the life of an average person: I had both sinned and done well by my fellow men. In a vague sort of way, I expected to enter Eternity, but of course I knew nothing about it and I was totally unprepared for what I experienced.

At first, I seemed to be dreaming, with all my senses alert and acutely alive. This very fact confused me, for there was also a new realization of helplessness! My senses deceived me into thinking that I would have to use my feet in order to move about, but suddenly, I realized that this was no longer necessary. To wish to be anywhere, sufficed. The trees around me seemed so real that my senses warned me to move around them, lest I be hurt — but the expected failed to happen; I could pass through them, because they were the spiritual replicas of trees!

Presently, I saw a number of my former friends, whom I had never expected to see again, for they had passed on long before. But lo and behold, they stood beside me, looking just as I remembered them save for one difference: they had lost that drawn, earth-worn look. They seemed to exude strength and happiness, and although they retained the maturity a long life and some hard experiences had given

them, they had a peculiarly clear and *sanified** appearance.

They talked to me, and I discovered that I knew what they were about to say, before they spoke! And my replies seemed to produce an instant comprehension on their part, in like manner. We knew all each felt and thought. Speech became unnecessary and there was no need for a cumbersome selection of phrases to express one's meaning. No misunderstandings were possible any more. It was a great relief!

I had to face many more surprising experiences, until suddenly I realized what I had become, and Where we were. You would call it a tremendous shock, and it was.

But I seemed to be surrounded by friends and felt safe and confident in their company. After a while, other Souls came to me and to other new arrivals, and led us elsewhere, to a quiet spot where they talked to us lovingly and instructively. They put a question before us: whether we were willing to follow them, to pass through a period of learning, of serious effort and thought, which would ultimately cleanse and purify our minds, helping us to throw off the many human tricks and attributes which we used to call our "character"—or whether we preferred to follow our own devices, which would finally lead to another road, to unknown regions. It was a very serious decision to face.

They explained to us that the most difficult lesson to learn was the need for universal love for all; but that it was also the most important lesson to learn. This meant casting away all prejudices, personal dislikes, any feelings of superiority toward some, or feelings of inferiority toward others; it meant a complete acceptance of everybody on an absolutely equal basis with ourselves. Egotism and love of self would have to give way, and mutual help and coöperation must be learned.

*The Guide coined a new word: he meant "spiritually healthy!"

We were told that this period of cleansing and adjustment would finally enable us to enter the First Sphere, and that we were now only on the Preliminary Plane. Once we had entered the higher Region, we would enjoy the fruits of our efforts and would continue to progress toward spiritual maturity, and finally that perfection which at last would admit us to the Presence of God.

We elected to follow our counselors and in due course of timeless time, we were actually admitted to the company of Souls occupying what you have been taught to call the First Sphere, from which we now commune with you.

We know of others who crossed over the Threshold at the same time as ourselves. They also were met by their friends, and then taken aside to a quiet spot, where their future was discussed with them. But they were well satisfied with the life they had led on earth and were not inclined to follow the advice offered them. Successful, as the world interprets that word, they saw no reason why they could not continue to manage their own affairs, acting more or less as they had before, and relying on their own judgment, which they felt had served them well. They were not bad; they were merely wilful, simply insisting on continuing what to them had seemed a very profitable course.

As no one is forced to do anything Here, where free will and self-determination are the rule, we lost sight of them, because they refused to join those willing to submit to instruction and help.

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A Fourth Guide:

Presently, when we have passed through the period of preparation and teaching, we are given duties to perform suited to our spiritual understanding. Each instant brings fresh arrivals from your earth, and for some of us, new tasks connected with helping them.

We meet these new-comers at the Threshold and we take them to a quiet spot where we can talk to them, trying to explain the great transition which has taken place. At first they are so startled that many fail utterly to comprehend it. Even though they have been welcomed by those who loved them and crossed the Threshold long ago, they continue to believe that they are still on earth and dreaming. We are very gentle and patient with them in their bewilderment, trying to lead them to a gradual realization of the fact that they, too, have discarded their physical bodies and that we are communing with their immortal Souls.

When human beings have spent a lifetime absorbed in purely earthly affairs, to the exclusion of any spiritual interest, they simply cannot grasp that everything they lived for and depended on has fallen away; they still feel so earth-bound, so much a part of their daily life! When they realize the truth, it comes as a great shock.

Others are simply unwilling to face it, and we have to let them find their way alone, until they discover that they need help and ask for it.

There are others who have lived a fundamentally good life, but whose minds have been hedged in by narrow, man-made dogmas and theological precepts; they find it very difficult to discard all these, accepting only the truths as taught by Christ, shorn of all doctrinal embellishments. Reading their thoughts, we know all perplexities that face them and the cause of their doubts and anxieties, but we also know the good that is a part of them, and that their confusions will all be cleared away in time.

Souls from every corner of your earth are constantly arriving, and according to their different ages and levels of understanding, we have to adjust our help. Fortunately for all concerned, we do not have to cope with the complexities of the many human tongues; ours is a communication by

thought only and is at once understood by every Soul entering Here.

Sometimes it take very little effort on our part to help a new arrival understand where he is, and that he is entering upon the great spiritual adventure for which he had prepared as a human being. And that is cause for mutual rejoicing.

We also have to visit many who have recovered from the first agitation of discovering that they no longer inhabit their familiar world, but who are not as yet ready to cast off their very human traits and prejudices. We may encourage them to face this task, but we cannot force them. They must of their own free will recognize the fact that they are still confronted by the need for spiritual adjustment and cleansing, and are still only on the Preliminary Plane, through which all must pass before they can hope to enter the First Sphere.

We, your Guides, are all in this First Sphere, in various stages of spiritual development. You must understand that this is not — as you would say — a “place,” but a status arrived at. Once a Soul has achieved it, there is no longer any danger of retrogressing, no possibility of being lured by temptations to forsake the path which leads onward toward the Hills of Light.

In our radiantly happy life Here, we have many duties; we have been permitted to describe some of these to you, and you can only faintly grasp how blessed, how fortunate you are, because you will be prepared through these Communions for much that awaits you, when you join us in this Eternal Life. Never cease to thank our God that He has bestowed this knowledge upon you; the magnitude of it will only be apparent to you when you no longer walk upon your earth.



A Fifth Guide speaks:

Feeling so much like the human beings they used to be, those who refuse to heed all appeals to their better selves, are easily influenced by other attractions. They seem to be drawn to the Spirits who are messengers of the Evil Power, as by magnets. Very gradually, they are led astray by subtle temptations, suited to their former human tastes and ways of life.

They experience the same strange mobility, that is conferred upon us all, but their whole desire is to move in the opposite direction, further and further away. They are possessed by the thought of remaining in touch with your world of the flesh, and their eagerness to awaken some response from human beings becomes almost a mania with them. They use every conceivable method and opportunity to communicate with anyone willing to accept their advances, glorying in the inexplicable power which every Soul possesses of communicating in various ways with people on your earth.

Whenever they find an opening — and there are many — they vie with other Spirits in passing on messages of all kinds; often these are of confusing and misleading content. They enjoy playing tricks on the human intelligence, just for their own amusement, and others take positive delight in developing a mischievous and evil influence over persons who have no strong moral or spiritual convictions and who do not in the least realize the dangers confronting them, in submitting to uncontrolled psychic contacts, which are far from having the blessing of God.

The influence of such evil Spirits can also be traced in various forms of depraved art, music, literature or dance, whose creators are talented, and *psychically sensitive, but spiritually weak*. Such human beings often quite unconsciously follow the promptings of misguided Spirits. And

this influence goes even further: wicked Spirits sometimes manage to instill their own evil into the very Souls of human beings, who then become so depraved that their crimes can only be understood when the evil influences dominating their inmost selves are explained.

Such a Spirit who tries to harm a human Soul and who endeavors to mislead newcomers Here, has fallen into the clutches of the Dark Power, and is lost. The hold which evil exerts over them grows and grows; and they hardly realize it and do not know that ultimate oblivion awaits them! Eternity applies to either road and the choice made at first greatly depends upon the Soul's state of spiritual awareness achieved during earthly life.

We have joined several Guides in giving you a picture of what you will behold when entering Eternity, after your mortal eyes are closed forever. We have tried to further your spiritual understanding and we know that you will use what we have been allowed to reveal to you, in an effort to help humanity; this is the criterion of the use to which you will put the knowledge vouchsafed you.

THE CONTINUANCE OF UNFINISHED TASKS

YOU DO NOT LEAVE ALL THAT YOU TRULY LOVE BEHIND, WHEN you come Here; you simply exchange earthly beauty for the celestial wonders, and your earthly love for your dearest ones is increased a thousandfold.

In the progress of your life from childhood to old age, you follow a certain sequence of developing stages and at the end of your road on earth, you will feel that you haven't really accomplished a great deal; you will wish that you

could prolong your life, to bring to completion certain tasks which you had set yourself.

It should cheer you to know that when you come Here, you will be given this opportunity of continuing your unfinished work. Your interest in your profession or calling will not be thwarted; on the contrary, a far wider field of activity will be opened to you!

We are fully conscious of the tremendous cleft separating our two Worlds and we also know the limitations of your earthly mentality. We therefore find it very difficult to describe situations and conditions wholly beyond your range of knowledge. We try to use *figurative terms* which you can understand, in describing our existence Here; but you must not take our figures of speech as exact and accurate statements; make allowances for the difference in our conceptions, please. We expect you to translate much of what we say into a spiritual connotation.

Bearing this in mind, you may think it strange when we say that a former lawyer should find use for his earthly training Here! But it is an actual fact that his proclivities will be called upon, in dealing with certain newly arrived Souls, who will listen to the voice of such an adviser with more confidence, if they feel that he is qualified by experience and training to counsel them!

Or, take the case of a former physician, who has helped restore ailing bodies to health, during his earthly life: There are also many ailing Souls Here, who need expert care to bring them back to spiritual health. And when I tell you that there are Rest Homes Here, for the care and rehabilitation of those who need a rest cure first of all, after terrible experiences in suffering and torture, on your earth, you will at once think in terms of hospitals and nurses; but instead of nurses, you may call them ministering angels. (I do not know what word to give you to substitute for a building like

your hospitals!) You must try to understand the underlying spiritual meaning of our messages, and avoid a tendency to make a too earthly application of a spiritual description. I merely wish to convey the knowledge to you that everyone has congenial tasks for which they are especially fitted, and that this is only another proof of God's merciful understanding and love.

OTHER TYPES OF NEW ARRIVALS

WE MEET UNCOUNTED HOSTS OF SOULS, ARRIVING IN SO MANY states of spiritual ignorance, so many variations of emotion! Some are as helpless as little children. They are full of indecisions and bad habits still clinging to them. They are not inclined to be evil, but they are weak and easily tempted. These are what we call the borderline cases, who are not at all clear in themselves, whether they want to listen to us, or to follow the cajoling voices of those who would lead them astray.

And there are those who are quite indifferent, who had never exercised any spiritual endeavors while still enshrined in their human bodies. A Soul so warped by its purely earthly interests is a Soul bowed under a staggering burden; a burden of which it may not be conscious unless it permits us to reveal something of what must be done in order to rid itself of its dangerous load!

It is an awesome spectacle to witness the bewilderment of those who, although not wicked, have never believed in God. They are overcome when they finally realize how long and hard the road of adjustment will be and how greatly they will have to change, in order to begin their progress toward enlightenment. Those Souls who are dearest to them and

came to welcome them at the moment of arrival, are not permitted to remain beside them, for their own spiritual development must not be retarded; but they keep turning back to give encouragement and solace to the ones they love, surrounding them with prayer.

There are others who are neither willing to accept God, nor to listen to any enticements; they consider themselves capable of managing their affairs without interference. And so they wander around, wrapped in their own spiritual darkness, seeing nothing and no one. Completely submerged in their own absorbing interests, they refuse to look for the Light. We never hurry these independent ones, who insist on trying to solve their problem in their own way; we just watch them and await their ultimate emergence from this condition.

Others seem like frightened sheep, lost from the herd they have always felt a part of. They have lost contact with familiar things, and often become panicky, crying out for someone to come and lead them to safety. And God always helps us to find those who are receptive, ready to be helped.

We also have sick Souls arriving Here, and there are many causes which develop such a condition; cruelty, persecution and great injustice during their lives on earth, or some sudden, terrible accident at the last which liberated them without warning, or they may have been the companions of mentally unbalanced human minds. We are ever ready to help these Souls. Sometimes they are kept in quiet seclusion, until they have rested and recovered sufficient spiritual strength to be taught by us. They are treated with the utmost gentleness, and in some cases we may even call for what might be termed medical treatment. Of course, we use this term only for your understanding, and in a purely spiritual connotation — but you will find it quite simple to

comprehend, if you think of the treatment for human beings suffering from shock, or other ailments of like nature.

When Souls finally emerge from these resting places, they are so strong and radiant that they are a joy to behold, and we love to be with them and rejoice in our work of teaching them.

Too many human beings are only willing to believe in what they can prove by human standards; but having learned what God has permitted us to reveal to you, do you wonder that we implore you to give heed to our teachings? And do you wonder that we say again and again, that you who receive our lessons are truly blessed beyond all telling?

THE INFLUENCE OF EARTHLY LIFE AND TEMPTATIONS

YOU HAVE BEEN TOLD HOW OUR EXISTENCE HERE RESEMBLES yours in so many surprising ways, when we first leave your world. We experienced this consciousness of our earthly senses, modified, but nevertheless very much the same. You remember one of the early messages telling you that flowers have a rare fragrance Here? At that same stage of my development, I too thought I could taste, smell, touch and hold things! Many of us even felt hunger and thirst — or thought we did — and merely by thinking of it, could at once produce the food and drink we desired! In short, there was nothing we could not have if we desired it. But even at that time, we were conscious of a subtle difference inexplicable to us.

Sex has always intrigued human beings and during that preliminary state, newly arrived Souls are still quite aware of masculine and feminine attributes. We were naturally

drawn to those who seemed still to offer what we thought we desired or needed. If we wished to be in the presence of forceful, intellectual men, we found them and enjoyed their company. If we reached out for beauty, youth and charm, we were never disappointed.

A Soul who finds each slightest wish fulfilled is often greatly tempted to give in to his desires and emotions. You now understand how the former life he has led affects the course of his Soul, in this first period of experience Here! As you were told by a young Guide, "no Soul flies to heaven a ready-made angel!" Far from it. We have absolute freedom, even Here, where the greatest decision of all awaits us. A weak, self-indulgent human being has trained his Soul to be likewise. The weak and sensuous find it hard to distinguish between what is desirable and what is evil, and that is the great danger they face Here; confronted as they are by the cunningly attractive temptations prepared by the michievous, evil servants of the Dark Power, who would lure all Souls into the wrong road!

During this period of schooling, we were gradually weaned of our worldly desires and searchings and it became immaterial to us to which sex another Soul had belonged. We began to look for other qualities as you might say. Again, we were not disappointed. Step by step, in this gradual line of progress, even the word and meaning of sex lost its attraction and finally Souls themselves felt sexless. More and more, we learned to eliminate all desires which have no bearing on our future spiritual development. We purified ourselves.

You understand why we are continually stressing the need for a balanced life on your earth, because that balance will surely be reflected in the life of your immortal Soul when it begins its spiritual struggle and schooling. You can see how any imbalance, either as a wholly worldly person, or as a withdrawn, religious fanatic, is not pleasing in the

sight of God, who wishes all his children to experience a full human life but one mindful of their Souls' needs.

Multitudes come Here, steeped in complete ignorance, because they were never exposed to the opportunities enjoyed by many others; you may say that you feel that they should not be doomed to endless misery if deliberately or in ignorance they turn away from God and our offered help. But you see, they are given every opportunity to learn the difference between good and evil; we spend all the patient love of which we are capable in trying to enlighten them and to warn them. Ignorance, due to circumstances beyond their control is never held against them. All are treated exactly alike by us, and the differences of earthly origin, such as race, color, creed, or of traditional class or of intellectual or any other human attainments, are eradicated utterly.

When Souls deliberately turn away from God, after having been given these opportunities to learn, it is because of their own unwillingness to accept Him. And in spite of all we have told you about the power of the Evil One, you still do not realize the full extent of it. How he watches for the least opportunity to break in, extending his hidden influence! Unless you put yourselves in God's Hands, you lay yourselves open to all kinds of harmful and evil suggestions, be they through thoughts, secret desires or fear, or in words or acts.

You also have the infinitely comforting assurance that the Dark One is rendered utterly powerless as soon as you turn to God for help and strength to fight all evil and temptation inherent in human life. Once more we beg of you, be kind to your eternal Souls!

A great deal has been revealed to you through God's divine will and with His blessing. In giving you so clear a picture, we have been empowered to tell you what few mortals have been allowed to learn. We know that in your desire for

deeper understanding, there is not one iota of curiosity, and it is this which has enabled us to give you this picture of what awaits every Soul crossing our Threshold.

THOSE WHO CHOOSE THE WRONG ROAD

WE READ IN YOUR THOUGHTS A DESIRE TO KNOW SOMETHING OF the fate awaiting those who deliberately choose the wrong road. Hitherto, we have said little about this subject, but we will give you at least an outline, so that the knowledge of Eternity vouchsafed you may be somewhat deepened.

We recognize these unwilling Souls when they enter the Preliminary Plane, as all Souls must. Their inner attitude is clear to us who can read their thoughts, and their actions further betray them. Unlike all the other new arrivals, they fail to come toward us, ignoring our friendly welcome. Hard and stubborn, they stand aside, not knowing what to do next, just waiting. Presently, Spirits who are the servants of the Dark Power appear, and they at once feel at home with these, who soon lead them aside. For a time, they are happy in their chosen ways, ignorant of what finally awaits them.

Their smug disregard of all kindness, their lack of consideration and refusal to be helpful and cöoperative, gradually lead them further and further along the path which they find much to their liking. Everywhere, the servants of the Dark Power do all they can to entice them on, as they try also to win others who may be weak or undecided, to join them. After a period of timeless surrender to these evil temptations, they vanish, for the road they have chosen leads to ultimate oblivion. What that means, you cannot possibly imagine or understand, and we cannot tell you.

We answer an unspoken question on your part: Yes,

there is a Satanic Entity, whose messengers and servants are busy in the Preliminary Plane, but we have never seen him. He never enters our sight, for he could not bear the light, the power and glory surrounding our Sphere. He lives in the dark regions where lost Souls wander, forever.

We are spared the sorrow of beholding the ultimate agony of those who have remained obdurate in their decision to continue down the dark road, and we can only vaguely imagine their fate.

But among them are also those who suddenly feel the terrible peril facing them and then we hear their cries and moans in their frantic efforts to free themselves. And when they finally succeed in tearing away from the grip of their captors it is because, at long last, they simply cry out to God to help them.

We cannot describe the remorse and horror of such an exhausted and fainting Spirit when it finally returns to us and is surrounded by compassionate, ministering Guides, filled with profound pity. Looking upon its agonized struggles, toward the last, is like watching a drowning man who — with a superhuman effort — reached for the arms of his rescuer. But we cannot go out to meet such a returning Soul; it must find its way back, impelled by its own agonized desire to escape evil and repent. When at last it reaches us, there are no limits to the help we can bestow.

Sometimes our efforts do not suffice to revive a prostrate Spirit after its great battle, and then we call upon the help of Souls in a still higher Sphere to come and administer a spiritual transfusion, to revive the spark of faith which saved the suffering one at the last moment. This is a description adjusted to your needs and human understanding; it implies an introduction of fresh, spiritual vigor to one whose own strength is ebbing away. It is given by greatly advanced Souls who share their own spiritual strength to save another,

even as human beings give their life-blood to help a fellow man.

When a conversion such as this takes place, there is great rejoicing among us all, and we join in thanking God for His help.

ON MESSAGES FROM SOULS ON THE PRELIMINARY PLANE

GOD WISHES US TO SPEAK TO YOU CONCERNING A BOOK ON LIFE in the Hereafter, which one of your friends finds so absorbing. Consider what you have already been told by us, and you will understand that it was dictated by a Soul still struggling to understand a myriad of new impressions and experiences. We warn you all against taking such messages seriously, for they emanate from one who is still on the Preliminary Plane, as yet incapable of accepting or understanding the ministrations of a spiritual Guide, who could help him find the way leading toward the Hills of Light.

There are countless Souls such as this, leading a sort of twilight existence, not strongly drawn to anything in particular, but avidly absorbing each new impression, and at times dangerously eager to listen to the persuasive voices of tempters, who promise a return to human life!

The whole pattern is one of confusion, bound to continue until those Souls are suddenly imbued with a free, upsurging desire for clearer understanding, for light and spiritual salvation. We, who could guide them, are all given opportunities to pass around among these poor, spiritually sleep-walking Souls, and they have the opportunity of meeting advanced Guides; but none of us can force them to accept our help. We all hope and pray that their interest

may be awakened, and their desire to know more of us and our life in other Spheres kindled by these meetings.

As death changes nothing, beyond liberating the Soul from its encumbering flesh, you can well understand what an infinite variety of Spirits people the Preliminary Plane! There are those who maintained ethically high standards while on earth, without embracing any belief in God. Just as they observed church-going persons there, and watched or listened to others with spiritual convictions, without being affected themselves, their Souls maintain these high ideals, the intellectual curiosity and lively interest in everything going on around them. But it is still an objective interest, and they feel much like spectators at an absorbing play, or like strangers visiting a foreign country for the first time. The significance of the situation, as related to their own spiritually undernourished Souls has not yet dawned upon them, nor has the futility of their eternal sight-seeing.

Their interpretations of what they observe are entirely individual and have no validity in fact, because as yet they completely lack the necessary spiritual understanding for a correct evaluation of what they see and hear. And until they come to the point where a realization of this rises within them as a profoundly disturbing and inescapable fact, they will not turn to us, who could enlighten them.

They experience what they wish to, and see those things which they are *capable* of seeing, according to the discernment acquired by their Souls while on earth. A lover of nature will be greatly moved by the visions of ethereal beauty spread before him; the lover of music is transported by melodies of undreamed-of majesty; the art lover finds himself gazing upon works great beyond his fondest imaginings, and if he so desires, every tool and pigment will be his to work with. You recall Souls having told you that they may continue to practice their various professions and talents,

their work of any kind? And thus it is also with those who on earth were merely interested spectators, or philosophers, observing other human lives. They all remain what they were, when they enter the Preliminary Plane, for a longer or shorter period.

The question of Reincarnation is an ever recurring one in human minds and is *sometimes referred to in messages from Souls on the Preliminary Plane*. We have already told you that God alone knows and makes the decisions in the case of Souls needing a rebirth. Not even we, who have passed on into the First Sphere, are permitted to know which Souls are destined for a return to earth in a new body. It therefore stands to reason that the very ignorant and inexperienced Souls still on the Preliminary Plane have no knowledge of this profound question!

We tell you this once again, for the benefit of those who may be tempted to a credulous reading of such accounts by untaught newcomers Here.

God has infinite patience and loves all Souls. He provides them with many opportunities to discover what they so desperately need to learn. But the freedom of every Soul is inviolable, and not until they are moved by an inner yearning can they be taught the meaning of a true spiritual awakening. However, at some point, each one is given a full explanation of the two roads which lie open to them, from which they will ultimately have to choose. Some make an immediate decision but most of them postpone it, and this postponement is never of the same duration. In some cases it takes centuries, in your measuring of time — I use this term merely as an illustration understandable to you.

You have been told that Here, Progress is unrelated to time, and is measured solely in terms of spiritual awareness and effort, which may be painfully slow, and a great struggle, or gradual, or swift and joyous. Ultimately, most of

them will persevere and choose the right road; but even to your human intelligence it must appear logical when we say that this whole course of development depends greatly upon the measure of spiritual awakening a Soul has experienced while still walking on your earth with its human counterpart.

REINCARNATION

THERE HAS BEEN DISCUSSION DOWN THE AGES AMONG THE peoples in your world concerning reincarnation; as you know, certain religious groups believe that this awaits all Souls, not once, but an untold number of times.

We are empowered to tell you, that this is not a universal experience and that God alone decides when a Soul is in need of a second human life. There are various reasons which in His wisdom and love, move God to decide that reincarnation alone can equip a Soul for further spiritual development Here. We cannot of course explain them to you, but we may tell you about one of the causes which *sometimes* results in a second sojourn on your earth; but we ask you to remember that even here, there is no hard and fast rule.

Souls are judged so differently Here from the way in which your world reacts to the judging of people, that it would be difficult for us to put what we feel on this subject into words; but we will say that reincarnation often occurs when Souls had minds that did not function normally, and bodies so shrivelled, that there was no opportunity for them to expand in spiritual awareness while living on earth the first time.

Those whose mental illness prevented spiritual growth are treated as patients when they cross our Threshold; we have to be very gentle, but also persuasive with them. We

teach them and guide them until they, too, achieve a certain realization of what is "good" or "evil." And when we have done what we can for them, and they understand why it is that they have not kept step — as it were — with other Souls around them, God makes the decision as to their future.

Another life, in a new and healthy body, offers them the full experience inherent in human life, with its opportunity for spiritual growth, and it sometimes happens that a Soul is sent back oftener, but again there is no hard and fast rule.

Those who return Here, re-enter the Preliminary Plane, to go through another period of adjustment, and all that this implies. Finally, cleansed in spirit, they enter the First Sphere, from which there is no return.

MUTUAL DIFFICULTIES

A STRANGE FEELING COMES OVER US WHEN WE ARE FIRST called by God to become a messenger of His love and will. We not only occupy a World invisible to you, but also one which you will never understand, until you come to join us Here. You are therefore limited to the descriptions in the messages which your Soul receives through us, and here you must meet the first difficulty: comprehending the meaning of this world!

No matter how explicit we may seem, the fact remains that you must accept what we say on faith. The proof of our veracity will come to you when you cross the Threshold. We must repeat that you should not expect us to be too literal, and allow for a broader interpretation of words than they may seem to contain at the first hearing. Our difficulty arises from the fact that we are trying to compress our knowledge

into words which your limited human mentality can understand.

You may think that as long as we function with the blessing and will of God, that all we have to do is to come and speak to your Soul, just as you yourself would speak to some one whom you might visit. But it is not so. For one thing, we must rise above the thought that, having entered Eternity, we are beyond your reach! We therefore face a new problem; but instead of meeting it with doubt and trepidation, we wait for God's power to descend upon us, giving us the necessary strength and understanding for our appointed task.

It is an effort of course; some of us find it quite easy, while others have to fight an inner battle. We must pass through a period of preparation and then we pray that God will guide us in doing our duty toward you. It is this effort to surmount what to us at first seems an insurmountable difficulty, that tires our spiritual strength; that is what I experienced when I asked you for a short pause in our Communion.

God wants me to stay with you and to resume my Communion with you when you next put yourself in the position of accepting the voice of an invisible friend. By that time, I shall have learned from other, more experienced Souls, and know that I will be guided in performing my God-given task.

God's blessing so obviously rests upon us all! Without it, it would be utterly impossible for us to speak to you, and for you to hear us.

We live under conditions so different from any known to you; we are so completely independent of time and space that although we are with you at one moment, we may find ourselves eons away, in less time than it takes for the wink of an eye. We see an event which, to you, happened in the long ago, as though we were still living in it. On the other

hand, what you see as a *future* event is to all of us like the present! We can attempt to explain this to you, but to fully realize it and the circumstances surrounding us Here, you will have to wait.

Those who persist in considering our Communion incredible, are the losers of a far greater treasure than they realize, and it is not surprising that some of our predecessors have told you that they wish they might have known as much as you are being told, while they were still walking on your earth! But while many are called, in that the sensitivity necessary to hearing messages from our side is given them, few are finally chosen to be the recipients of teachings such as are vouchsafed you.

To grow in spiritual understanding, does not mean that you should work over our messages with *intellectual* concentration, but rather that *you should let them develop within you as a seed that has been planted and brings forth leaves and blooms in the fullness of time.*

OUR SURROUNDINGS, AS GUIDES KNOW THEM

YOU WONDER HOW REAL YOUR EARTH SEEMS TO US, WHO LIVE in an Invisible World of our own. We can tell you, that as soon as we are appointed to guide a human being, his earthly surroundings become a part of him, to us. Through his eyes, ears and reactions, we know what surrounds and preoccupies him. But again we ask you to remember that we are using your limited, human language in describing this!

When, for instance, you are listening to music, we see and hear its *effect* on you, and can tell from your reactions how it sounds to you, although we do not see its source. We know when the music you hear is beautiful and inspiring, or when it causes you to squirm in disgust.

When we accompany you into cities, we feel a great concentration of humanity, moving in all directions; the atmospheric condition surrounding them is full of city noises, all-penetrating in their effect. This makes it far more difficult to get through, so that we may establish a connection. You are all living in a purely man-made place.

In the quiet of the country, everyone is much closer to nature, which is God's creation, and it is far easier to commune with you, because you feel His Presence in your surroundings. That occurs much oftener among those who live among trees and birds, than it does in people who live crowded together, in what to us, seem like better editions of caves!

We can feel when it is night on your earth, because we see your thoughts tiring, and know that you all need periods of rest and sleep. Also, we can see the loss of God's light — the sun.

Let it be said that we see what we need and wish to see, illuminated by light, fitting the subject. It is difficult for you to comprehend, but everything reaches our consciousness through light, varying and harmonizing closely with what we see, and making it clear to our understanding.

We have our own music Here, and if we wish to hear it, we put ourselves in touch with the origin of all music: Nature.

As we say this, we see you wondering whether we mean that there is a well-spring of music, as we have told you that there is of love. Music differs from love in that it has no ties binding you to it; it is a source of external power which creates an emotional release. But love is an emotional power within you, visible to us in the form of silvery beams, emanating from you.

Our heavenly music is more beautiful and expressive than any you have ever heard, and goes far beyond any tonal range known to you. And the sound coming from your

earthly music — *as we judge it, through feeling your reactions* — seems but a faint rendering of what we know music to be!

POWER IN COMMUNING

ALTHOUGH WE LIVE IN A REALM SEPARATED FROM YOUR EARTH, there is still a very definite connecting link, drawing us together. This consists of your spiritual attitude, your perception and sensitivity toward your appointed Guides. The rays of this spiritual power emanating from you increase our ability to respond to your needs and to make our thoughts clear to you.

When we are appointed to commune with a human being, our whole Soul is filled to overflowing with a tremendous urge to make him conscious of what God wishes us to transmit. Such urgent desire draws on our strength and we sometimes feel depleted, which in turn affects your hearing.

What gives us added spiritual vigor, and what is it that drains it away? The inner attitude of a human being communing with us is of the utmost importance. It takes far more than a desire to bring about the miracle of this Communion. It must also be accompanied by deep appreciation, humility and a sincere wish to be taught God's truths. And there should further be a loving wish for greater understanding of his fellow men. We need this attunement on your part to enable us to reach you — on the rays of spiritual power emanating from your Soul.

A group of human beings united in spiritual harmony and purpose generates a cumulative power which has a still stronger effect; the combined waves reaching us enable us to respond still more easily and with increased vigor. Unless we

feel the right attitude in you, it seems to us that you are surrounded by so dense an atmosphere that we would hardly be able to penetrate it, and this drains our spiritual forces.

Herein, we differ from those uncontrolled Spirits who have turned away from God and do the bidding of the Dark Power, speaking to anyone who will listen and fails to protect himself from their mischievous influences by prayer.

For lack of a better definition, we have used the word "spiritual vigor," in trying to describe something which is not material, not measurable, and which is invisible. But we must remind you that spiritual power as applied to your human capacities differs vastly from its equivalent Here. Ours is a far more ethereal spirituality than any known to you; our strength is also unlike anything you are able to imagine.

It is this which draws us upward, toward ever higher Spheres — and wherein the difference lies, you will never understand, until you cross the Threshold and experience it within your own Soul.

THE SOUL'S LIGHT AND COLOR AURA

GOD GIVES EVERY SOUL BORN INTO YOUR WORLD A LIGHT, WITH an individual aura of color, chosen by Him. Through it, you are found and identified by your Guides. As you grow and develop, your color becomes more and more personal, reflecting your development and reacting to your spiritual proclivities. When you reach a certain stage or inner awareness, this colored light — at first lent to your Soul — becomes your own.

The explanation for this is quite understandable; all children are close to God when they are very young; but as they

grow older, people often become absorbed in purely earthly matters, losing all interest in spiritual things. When this occurs, they gradually lose their Soul's light; it dies out. We cannot see them, and they are "those who walk in darkness."

To us, your human body is but an insignificant part of you, and without this spiritual light, it would be invisible to your Guides. Its color indicates your fundamental characteristics and leanings. The intensity of your light is a kind of barometer of your Soul's development; any spiritual progress can easily be read by its fluctuations, and the greater your desire to know and understand God's teachings, the more intense and brilliant your light becomes. We can always judge the state of alertness to our guidance and spiritual promptings, and a Soul's acceptance of our messages, by watching this play of light and color.

A long time ago you were told that the hues of these lights represent the natural gifts and proclivities in human beings. Only five or six fundamental colors were described to you, but we know an infinite number, each varying and separate from all the rest. We shall give you only a very simple explanation, lest a more detailed attempt would confuse you.

Let us take the color, blue: blue means one thing to you, and a thousand to us! But underlying all these, is the fundamental meaning: understanding and sympathy for people, and a desire to exert a helpful, healing influence. But to us, there are an infinite number of interpretations of this word "healing," and no two persons are alike in their conception of it. This causes many variations and shades in the color, and we go so far as to say that in extreme cases, members of one fundamental color group may be *less* similar to one another, than they are to members of another color group!

White is the color of spiritual teachers; yellow is the color of compassion, green denotes helpfulness, and red is

the color of crusading human beings. This is a very general description only. But you can understand how various shades of green, for instance, could include more or less of blue or yellow; thus indicating the preponderance and mixture of the characteristics they represent. For example: A teacher, to be successful, must also be imbued with a desire for understanding. This, in turn, often begets compassion and tolerance — and all this would be reflected in the changing shadings of his *fundamental* color, as we see it maturing. We must speak in generalities only, or it would otherwise lead to an encyclopedic flood of information, covering thousands of shades and colors which we cannot describe, and you do not know.

As human beings progress, there is an adding and merging of colors, and when they finally attain a spiritual state of ultimate *human* perfection, the combined symphony of colors in their lights reflects a true picture of the inner state of their Souls. A *balanced* inner state would include something of every color; but just as the symphonies known to you have a definite individuality, and vary greatly in melody, and in the beauty which is characteristic of them, so it is with the infinitely varied symphonies of spiritual colored lights, reflecting the beauty of individual Souls as they develop.

Your scientists are baffled by the complexities of human nature, but we are able to read character at a moment's glance, by means of these wondrous lights, which reveal all that composes a human Soul. Guides have to concentrate on the aura of a special charge, in order to understand the constantly changing state of that Soul's development. It presents a purely individual, kaleidoscopic color formation ever being added to, as the spiritual growth of the Soul develops within the human being. Perhaps this explains why Guides only see those whom God has commanded them to guide

and help, and why we are only aware of others when they actually enter the physical presence of our charges. For us, in this First Sphere, guiding is a concentrated duty; perhaps those who have passed on to a higher Sphere are allowed a wider vision.

You are beginning to have a faint conception of what we behold when we look at your earth, picking out those who have been placed in our especial care; finding them here and there, by means of their own, individual lights, colored according to their gifts. It is a marvellous picture, to which each one of you is adding still further hues as you progress in spiritual understanding and growth, achieved through your human experiences.

We cannot fully explain the marvellous organization and order which pervade our Sphere; but those of you who have marvelled at the minute and beautiful forms of creation, in both plant and animal life on your earth, will not doubt our statement that the beauty and order in our Invisible World are far more wonderful! God created them all, and is the quickening Force surrounding everything known both to you and to us.

THE TIMELESSNESS OF SOULS

THE HUMAN MIND DEMANDS A FACTUALLY UNDERSTANDABLE statement, even when discussing the dual existence of body and Soul. But no *mental* process can prove the existence of a Soul; it cannot be scientifically explained and you therefore are faced with the necessity of accepting what to us is a spiritual fact, without proof.

You may admit the timelessness of your Soul, but mentally you will have to make allowances for an apparently un-

provable statement on our part! Let us endeavor to explain this, the timelessness of your Soul:

To us, who have lost all sense of time, facts stand on their own merits or importance, devoid of timely sequence. Something that "*was* good" on your earth, to us IS good! The happiness you experienced as a child IS a part of your Soul now, as we see it. It is of no importance to your SOUL *when* this occurred; the vital fact is that the happiness, even if it happened in the long-ago, to your way of thinking IS present and a very part of your Soul. And being a part of it, it is no longer merely a "memory."

When your human scientists try to find the cause for certain attitudes or actions in people, they hark back to the childhood of their patients, trying to dig up things which, to them, occurred in the long-ago. But actually it is just bringing to the surface one of the fixed facets of your Soul; you will remember that we told you nothing is ever lost, no act, no thought, no experience. According to its nature, and your reaction, *it forms an indelible part of your Soul, as we see it Here.*

It is hard for us to put into your limited, earthly language something which to us is so vital and real, but we endeavored to show you the timelessness in Souls, by explaining to you that something you say "*was*," changes Here to the present "*IS*" and so remains.

When people remark that it is illogical, because contrary to science, that you, on earth, should be able to commune with us in our World of Invisibility, you may tell them that your Soul is not subject to the limitations of the human mind. What seems illogical, even impossible, to the average human, becomes logical — because possible — to us, who have the blessing of God.

To you human beings, nothing can be conceived of which is unconnected with time or space, or both. To us, who are

living in a Sphere devoid of either one, these words have ceased to have a meaning. We can be anywhere at a moment's notice; your nearest approach to this is when *in thought* you are instantly transported to any given place. But your physical body cannot follow, because it is bound by physical laws.

Unlike yourselves, we do not have to wait for an occurrence; we feel the desire, and lo, it is fulfilled! Events occur in a timeless manner.

But there is one exception Here; the gradual development of a Soul, after it crosses this Threshold, is the one respect in which timelessness does not apply. However, its progress is measured in units so different from any human conception of time that it will be difficult to make it understandable to you in any terms which are familiar.

The duration of this period of instruction, the conquests a Soul has to make, the lessons it is called upon to learn in self-denial, cooperation and loving kindness, take on a degree of importance hard to put into adequate words, and demand what to you would be an almost endless time, in the case of one whose human life had been one of indifference to such considerations. The progress of such a Soul is very much delayed. In the case of a Soul who is well prepared for Spiritual Life, all this is changed. All advancement is measured in units of progress, unrelated to your time. You think a thousand years is a greater unit than a thousand days; but Here, a Soul may develop *less* in a thousand *years* than another is able to develop in a thousand days. Therefore, in our way of measuring development, by progress only, the thousand-year period would stand for a lesser unit of progress than the other. We use the word "period" entirely unrelated to your time calculations.

You see, no matter how hard we try to explain some of our simplest facts, they will remain inexplicable to your minds; there is nothing we can do about it, except to urge

you to accept our words as they stand, on faith. Above all, if they do not seem to make sense to you, refrain from applying your human intelligence in trying to solve the riddle, for it is the wrong approach. In time, your growing understanding will clarify what we have revealed to you.

HUMAN RELATIONSHIPS

WE HAVE BEEN SO HAPPY TO SEE YOU ALL SO UNITED IN LOVE and friendship, so eager to strive for harmony and peacefulness. It will be vouchsafed you, more and more, as each one of you works toward that end, consciously examining your personal acts and speech for flaws or deviations from the path which leads to the desired goal; endeavoring to improve what could be better, and eliminating those acts or words in the future which may have caused irritations or misunderstandings — even though unexpressed!

Words are very cumbersome tools of communication. I had never realized how much so, until I came Here, where thoughts alone are the methods of instant communication and complete mutual understanding! It is such a relief never to misunderstand or to be misunderstood! In human experience, such perfection in communicating is impossible; too many factors enter into the verbal intercourse among people, which are eliminated Here and create such harmony in spirit.

There is no weariness of mind or body, there are no sensitive, easily hurt feelings; in short, all is heavenly harmony, complete understanding and accord.

Would that this might be possible among men and nations, for then "that Peace, which passeth all understanding" would dwell with you.

We see a great struggling for clearer understanding

among men of good will — understanding among themselves; and more and more people joining in this search for clarity. It will not be fruitless and should help greatly toward more accord among human beings.

The terrible sin lies in believing one thing, and saying quite the opposite — a technique employed by men lusting for ever greater power! To give heed to such a voice and to follow it, is to tread upon quicksands and to be swallowed up. Truth should ever be the banner which leads men on to victory, both spiritual and temporal, and none should stoop to utter lies, employed as weapons. A clean fight for *right* is forgivable, *but not so, if the methods to gain even so-called "good ends" are unclean.*

There is far too much of this going on in the world I have so lately left, in matters both large and small.

Men have a very strange conception of the ways to bring about peace on earth and good will among men! We see the devastation in the countries where battles in this cause are fought, and the bewilderment of the little people who understand nothing, except that their entire pattern of life has been shattered, together with all that made it possible. And they ask each other: "Is *this* the liberty and freedom for which this war is being fought?"

Not even we, in this invisible World — who see so much farther into the future than you human beings can see — are allowed to behold the ultimate outcome. It is a time of dreadful confusion and darkness. But our *faith* tells us that finally, at long last, right *must* prevail, regardless of the cost, and God's followers will not have sacrificed their lives in vain. Those who have joined the Powers of Darkness must be vanquished. Do not think that the strange and evil ways of life advocated by the oppressors will always remain in force; time will bring about many changes, as it has in other lands where creatures who abused their power were wiped from the face of the earth.

All any of you can do is so to order your own lives that you will be a source of comfort, calm, inspiration and faith to your circle of friends and relatives. God does not expect more, for this in itself is only possible to those who follow the teachings of Jesus Christ Who brought a great Light to shine upon God's Truths.

HEAVEN

SO MANY ON YOUR EARTH DENY THE EXISTENCE OF HEAVEN. We are not able to prove them wrong and therefore, it is often difficult to discuss the Sphere and state in which we live, in order to be understood or accepted. This is also the explanation of the denial by many of the actuality of our messages. Such human beings simply lack all necessary perception. But when we commune with those whose inner wisdom has opened their hearts, we can freely transfer our thoughts to their Souls.

This word Heaven has two meanings, depending upon who is using it. To your world, it denotes an invisible Sphere to which liberated Souls soar, after the experience you call death. It is a place of aloofness and of blissful existence, far beyond any possibility of investigation. For some of you, it is a final reality, the culmination of hope.

To us, who by God's grace dwell in Heaven, it is a realm of actual existence, one of activity and progress of the Spirit. It is a Sphere pervaded by the Light of God and His Eternal Presence. But now that we have entered it, we realize that Heaven is not a Region far removed, but that it is right where you yourselves are, as well as where we dwell, in invisible reality.

Your earth is a ball of matter, material and limited in size; our Heaven is a non-material abode, limitless in its

dimensions, where no physical objects exist and no space or time are involved.

When we lived on your earth we also often wondered where and what Heaven was; we did not realize that it was even then all around us and that we only had to seek it with all our heart and Soul, to find it.

There is no end to Heaven, nor was there a beginning, for God — Who is also Heaven — was its Creator in the infinite Past, and He will reign supreme in the infinite Future.

THE UNIVERSE

IN THEIR EFFORTS TO EXPLORE THE MYSTERIES OF CREATION, your scientists have traced the development of life and matter a long way back. But always, they will reach a point beyond which their powers of exploration cannot go: the discovery and explanation of Origin.

Some venture to believe that this closed Book will finally open to them, and that in it the first Spark will be discovered — and made clear, but that is only wishful thinking.

God alone is able to create anything out of a total vacuum, and thus He created your little world. It is He, the Creator, Who orders and directs the universe, of which your world is only an infinitesimal part. His will and power keep it intact; a calamity ending its course would barely be noticeable in the vast and infinite spaces surrounding it.

We, who are permitted to soar in space at will, have visited many planets and bodies in the universe, invisible from your earth; moving here and there as our inclination or duties lead us. Some of these planets are inhabited, but the beings on them are quite different from any you can even imagine. They are immense in size, of a different consistency

than flesh and blood creatures. They have neither eyes, ears, hands nor feet and are propelled by instinct, by forces unknown to humans. We cannot communicate with them, for they have no Souls and are of a different substance.

There are inhabitants on still other planets, who more closely resemble human beings, and who have souls somewhat like theirs. God created them all, and they have an infinite life too, but it is not the same. They occupy a different part of what you would call "heaven." They too, have to undergo a period of adjustment and cleansing of a different kind, but the underlying Purpose is the same.

There are also planets which are resting places for Souls; we cannot give a further explanation of this, because we would have to use terms incomprehensible to you, in describing matters far beyond your human understanding. All that is veiled in mystery now will be made clear when you join us Here.

Despite all the scientific, intellectual and material progress of which human beings are so proud, your world is not the center of the universe; bear this in mind when you are tempted to think world problems of such vast importance! Herein we speak only relatively; it should not be taken to mean that God is not interested in the world or your individual welfare; far from it! The destiny of the human race — to whom He has bestowed freedom of action and decision — means a great deal to Him in His loving Fatherhood. But it is only *one* of the multitudinous concerns, which in His omnipotence, He orders and sustains.

We, who are free to move about in the Universe, *are held together by our loving desire to serve God and help one another. This binds us together; it is the only reason why we do not scatter and lose our way in the limitless ether!* We depend upon each other for spiritual sustenance — those who have progressed further, helping the less advanced. In this,

our life resembles a community of interests and cooperation, around which human beings gather and work, and feel at home.

In very broad outlines, we have drawn still another picture for you of our Eternal Life, showing how all God's creatures strive onward toward higher levels in His whole, infinite Universe.

LOVE IN ETERNITY

WE WISH TO TELL YOU OVER AND OVER AGAIN THAT LOVE IS THE all-bridging power; love of God, love of family and friends, love of anything that is good, beautiful and noble is a power which is eternal. We say this because it remains a part of your Soul after it has left your body, and it is this love which you bring with you on entering Eternity.

On your earth, there are many degrees of love; here there is only one, and the love which draws you to human beings is not the love we feel. Earthly love is often ephemeral, sometimes ceasing altogether. You differ in your feeling towards your closest relations, your friends and those whom you meet or pass on the street. You differentiate between what you would call cultured and uncultured people, and you certainly do not know everyone on earth, or even in the place where you dwell!

We, who have advanced to the First Sphere, have discarded what seemed to bind us to your earth; our very intimate personal feelings of purely individual affection have changed. We no longer feel love as limited to special persons, because we have learned that it must be much broader, and all-embracing. We look upon other Souls as entities of love and goodness, and this makes it easier for us to achieve

this all-inclusive feeling, even though we do not cease loving human beings individually.

We make no differences of any kind in our thoughts of other Souls; we do not care whether they belonged to groups of high-born or lowly human beings, as the world evaluates this, or what the color of their bodies were, or which creeds they professed to follow. We treat them all with the same loving equality. And we know every Soul we meet Here!

We do not expect you to emulate us to this extent, because you are still human and should remain so; but your entire attitude and feeling towards people in general can become a definitely more friendly one, and kindly. You do not have to love everybody, *as you now understand that word*; but we hope to develop in all of you a more friendly interest and a kindly one in everyone you know. Do not give hate, which is the opposite of love, room in your hearts.

The power of love, the power of thought, and the power of prayer are an invincible force, an armor. With these in mind and heart, you can create such an aura of peace and good will around you, that nothing will harm you. You can project thoughts of such truly understanding love for humanity, that none can mistake it. And you can draw great strength from prayers to God for help, wisdom, and steadfastness of purpose which must be wholly benevolent, without exception — and no human can break it down. This is the truly perfected state of love to aim for, day by day, one step at a time; the goal to keep in mind, until it becomes a very part of your being.

Never let the actions of others curdle the sweetness in you; *you alone are responsible only for your own thoughts, words and deeds!* Keep them kind and keep them clean, and ask God to protect you from all evil, and to help you achieve your high aim. This message is for every one who seeks a happy life of inner peace.

THE VISIBLE BEAMS OF HUMAN LOVE

THE LOVE OF HUMAN BEINGS IS CLEARLY VISIBLE TO US AS A mysterious beam of silvery light, threading its way from one to another. It is a permanent, pulsating link, glowing and paling with the increasing or decreasing intensity and depth of the love it reflects.

When we are empowered by God to guide a human being, we behold these beams as they emanate from him and by following their direction, we can find and see others to whom he is closely drawn by love. Without these connecting beams, other human beings would remain invisible to Guides, because they see only the one whom God has put in their care. Therefore, we are only aware of such people as are drawn into the orbit of our charge, by virtue of these beams of love. We can, temporarily, also observe others who enter the physical presence of the one we are guiding, but when they leave they once more become invisible to us. Ours is a very concentrated duty.

Your beams travel in many directions, fanning out toward many loved ones, whose response varies from fully reciprocated affection to indifference. If the latter develops, your own light beam gradually decreases in brilliance and power and may in time fade out, thus eliminating the other from our sight. As it travels toward those dear to you, your beam has its own, fundamental hues; the colors in the reciprocal beam are also individual. When we observe these two combining, we know that a unified relationship is developing between two human beings. This creates new color harmonies too beautiful to describe!

Can you faintly imagine the multitude of colors visible to us Here? It is a maze, a pattern that would be utterly confusing to human eyes; but we are guided by it, fully understanding the inner spiritual significance and meaning of all

we behold. Each one is constantly adding new colors and increased brilliance, as their spiritual understanding and intensity develop. Through this light and color reflected by the Soul we are guiding, we know the spiritual development and changes coming to pass within it, *as well as those changes which will occur to it in the future. But in both present and future visions, the luminosity is the same. This is timelessness*, reflected in the light-picture of a Soul, as we behold it.

By tracing the direction of these beams of love, we can always find those dearest to you, no matter how far they may be, and by communing with their Guides, we may — with the permission of our heavenly Father — report to you the state of their well being.

Love is the strongest force on your earth, as it also is in our Heaven. The love expressed by Souls Here has been purified and deepened; it is all-inclusive, for the closer love comes to its Source, the stronger, wider and purer it becomes; God is the well-spring of love itself.

The beams of light are a form of benediction, in effect, because selfless love is one kind of prayer, quite as potent as words spoken in behalf of the one dear to you.

Love outlasts death itself and forms an indestructible bridge between our worlds.

THE SOUL AND ITS CYCLE

GOD PUTS A SPARK OF HIMSELF INTO EVERY HUMAN BEING AT the moment of birth. All of you have within you this ineffable but actual gift which establishes the Fatherhood of God, so often spoken of and so little understood. And inasmuch as you all partake of this gift equally, your Souls are

spiritually related to one another, and herein lies the actuality of the Brotherhood of Man.

As in any human family, where there are those who give joy and those who bring sorrow to their parents, so it is with God, the Father of us all, but how much greater is His all-forgiving love than that of human parents!

Whether you believe in it or not, whether you mistreat and starve it, or whether you help it to grow strong and develop, your Soul stays within you as long as you draw the breath of life. It is the eternal part of each one of you. It is actually the moving Force within you, but never to be confused with the intellectual training or experience which often determine your actions. Back of the mind and your physical needs and underlying all thoughts like a slender thread is the Voice of your Soul.

It is needful that you keep a daily watch over what you think and do, deliberately trying to train yourselves to listen to this Voice within you; being immortal, your Soul ties you to Eternity, and if you let it keep in touch with all goodness and all your spiritual aims, it can help you greatly, even as you help it. It is not a thing which you can discard one day and pick up again when you think of it — but like a tender flower, it needs constant care, so that it may grow into a strong and sturdy thing of beauty.

A neglected Soul wilts and shrivels, leaving you to the mercy of the world in which you live, facing all its vicissitudes without the spiritual support you all need; moreover, such a one may leave you open to the influences of evil, for neglected Souls offer the easiest connection between human beings and the Dark Power.

It is the Soul and not the mind which is finally liberated, to enter Eternity. It is your Soul which revives and gives thanks when your hearts finally respond to the teachings of Christ and the will of God!

When we speak of the Soul, it is like talking about ourselves; we try to make you realize the profound importance of recognizing this power within you; a power which has defied all scientific and intellectual probings! All we can do is to give you glimpses into this unknown reality, by steady effort, and prayer for the help of God. We know that in trying to explain it to you, we must use the simplest words — but how *can* we, in a few sentences, help you to realize the grandeur and tenderness, the power and weakness, the light and shadow of Something concealed and almost inexplicable, within you?

Your physical body and all your mental acquisitions will remain behind, soon to be forgotten. And it is your Soul which returns Here, burdened with all that you have laid upon it, facing the task of discarding more and more those things which are not purely spiritual. And when these human traits are finally overcome and lost, the Soul progresses from Sphere to Sphere, striving ever toward perfection. In the final and Highest Sphere, all semblance of individuality is lost, and the Soul joins that surging group of supremely advanced Spirits, whose one and only desire is to be reunited with God.

And, when ultimate perfection — which is God — has been finally attained, the Soul is absorbed by Him from Whom it came, and thus the beautiful cycle of the Soul has been completed.

SOLACE

I

GOD BLESSES YOU IN YOUR ENDEAVOR TO HEED THE LESSONS you have been given concerning the great need of Souls

newly come Here for the help of those dearest to them, still on earth. You, who have passed on this knowledge to many bereaved human beings in the hope of helping and comforting them, are now receiving this ineffable solace; and are given the strength to carry your loss — beyond the understanding of those who do not know its Source.

Your Belovèd is being helped by your selfless gratitude for his release, by your prayers for his spiritual freedom to progress, and by your refusal to keep his Soul bound to you.

We assure you that this selfless love will bear fruit, beautiful beyond your highest hopes, both for his liberated Soul and for you and your children.

We heard you telling them that you feel this to be the supreme moment of testing, of privilege and of responsibility toward those who need a strengthening of their faith. Words come easily, but an example of the sustaining power of prayer and the help of God shines like a beacon whose light cannot be denied.

II

God's Name be praised, now and forever more.

Your dear one is resting peacefully after his release from the physical illness which so tried his Soul. He is gaining in spiritual strength, surrounded by us all — whose loving prayers are aiding him, together with your own.

It will not be long before his shining Spirit will be fully restored to its spiritual strength, ready to join us in the joyous activities of Eternal Life; and this will be made manifest even to you on Earth, whom he so deeply loved.

We, your Guides and teachers all join in thanking you for your efforts in behalf of this beloved Soul, and for your steadfast adherence to our lessons concerning death, mourning and reunion. How eagerly we hope and pray that this knowledge may be spread far and wide, not only to help

newcomers Here, but also to help all who sorrow and are bereaved, comforting them by the realization that they may still help their loved ones; that what they call "death" is not a tragic, final parting, but the door to a new Life!

Reading your thoughts and hearts, we bless you in your endeavor to be of good cheer, firm in your faith that all such separations are but temporary and that, in God's good time, you will be reunited in radiant joy.

I

God, the merciful Father of us all, blesses our first Communion.

Because of your selfless devotion, you have helped me, even Here, in this wonderful new Life in which I find myself, surrounded by countless dear ones. I have been resting and am now revived, fully conscious of my past, with you as my life's companion. Never were two human beings more united in love, more blessed.

You cannot imagine, nor can I begin to tell it, how the lessons we were permitted to receive have illumined my understanding of all I have experienced Here, and how infinite is their help.

I have felt none of that strangeness in coming over that so many Guides described to us; I am ready and eager for the tasks which God will give me when He deems me ready for them.

The infinite gentleness and love and the complete understanding of all those surrounding me are healing to my Soul, for I have been through a very great strain, as you know. Not in bodily suffering—for which I have heard you thank God, my darling—but in mental depression, because of my weak and helpless condition. I did not know the serious nature of my illness, and am grateful to you for having kept this knowledge from me; it enabled me to hope, to look forward, which I could not have, had I known how physically wrecked I was! I was still so human in my reactions and wanted so much to stay beside you. . . .

And now I *am* beside you, by nature of this transition, knowing your every thought, marveling at your steadfast strength, your faith and your efforts to help me still, by the grace of God, Whose Light surrounds me, even as I commune with you.

II

It is wonderful to see you so serene and aware of my presence; to know that I will be able to progress without feeling bound by any despairing hours on your part, and to sense the ever-present help still reaching me Here, from your loving and prayerful heart! I pray for your strength and ability to go on, sure of our reunion in God's chosen time, and these prayers surround you every moment.

Souls do not forfeit any spiritual freedom by thinking of one who is so attuned to our existence Here; it is all due to your attitude that our unity of spirit does no harm, nor holds me back. Although I am invisible to you, we are still one in spirit, and believe me — it is a far closer union than I had dreamed possible! I thank God for this; it is a very great comfort to me, and should be to you, also. We shall go forward together, God willing.

III

We are so blessed in being able to commune with each other! I do not know how else I could bear watching you trying to live without me by your side, even though you do it with so much courage and determination. God has blessed us in so many ways, and this perhaps is the greatest gift of all! When I have earned the right to be a Guide, perhaps God will let me guide and guard you, with more power and wisdom — although there could be no greater love — or could there? Perhaps, when I have learned more, even that will be greater and deeper.

You are so dear, working over all those letters from our many friends; I can read them all, too, and it seems as if they were written about someone else — not about me! You will finish thanking them all pretty soon, and then you must begin work on the book. It will make you very happy, and I too will feel this joyousness, because we shall help so many

human beings through it — still working together, and for the glory of God.

FROM THE FIRST SPHERE

GOD BLESSES THIS COMMUNION BETWEEN US. I REJOICE TO TELL you that by His grace, I have entered the First Sphere, from where I may now commune with you in safety, free from any sense of being drawn back to earth. I am overwhelmed at the thought that already I have passed through the preliminary stage; but this is due to two things: First, to our years of blessed Communion, during which so much of such great importance was taught us. Secondly, those two years of physical inactivity, due to illness, seem to have contributed their share to the progress of my Soul; just as our Guides told us.

I was unaware of this while still on Earth; but no man can possibly measure his spiritual development. He can only try to further it, as he gropes his way through long hours of suffering as patiently as possible, without bitterness; accepting it as God's will, as a kind of training which is being given him. This suffering of which I speak, was not physical pain, but psychological; for one who had always been well and active, ready for anything, it *was* suffering to become less and less able to move about, except at the cost of great weariness of body and finally, to be incapable of doing even the simplest things for himself!

All this has added up to growth of spirit for us all; we human beings don't realize it, but our spiritual development depends so much on how we meet all the situations in our daily lives! Little things mean far more to that secret process going on within us than we can possibly realize. In a general way, people may know this, but I am sure it has never been sufficiently stressed. So, in looking back, we can all

rejoice that these two hard years just past were not "lost time," but perhaps the most important years of our earthly life!

Isn't it marvelous how my thoughts flow through your Soul to your mind, and thence through your pen? God is so good to us, so understanding! I know just how much you need my advice and help, and I may give it to you at any moment, largely because you have earned this, as you put my spiritual freedom first in your thoughts and prayers. I shall never cease to be thankful to you, dear. But beyond this, *you* are earning spiritual rewards of which you cannot be aware, but in which we Here all rejoice.

It is so blessed to be surrounded by all those whom we loved, and whose love for us has never for a moment ceased; it has merely expanded, become more all-inclusive, as their spiritual maturity increased. I cannot begin to describe to you the wonderful, all-enveloping radiance, the joy and the peace through which we move; the mutual loving kindness, the instant helpfulness that prevail; the marvelous lack of any friction or slightest misunderstanding! It is all exactly as our Guides tried to picture it, only far more beautiful and joyous.

EXCERPTS

I SEE YOUR THOUGHTS SOMETIMES REACHING INTO THE UNKNOWN future, wondering what is going to become of your world in its anxieties and confused gropings for a solution to its terrible problems — all man-made. You are perfectly sound in refusing to make yourself ill over this, knowing that such worry would be useless and could do no one any good whatever. It is far better to pray for those who are striving for just solutions, that right may prevail; and you know the power of prayer!

Man has to be cleansed of all ulterior motives, all his lust for power, his greed for possessions; a hard and rocky road, which he himself has made! We have been taught so clearly what real values we should strive for; not one of them a tangible possession. So, never let the loss of mere *things* cut deep; look upon it as one more bond severed, as it truly is, if one is wise enough to see it in the right light. Never regret the loss of any object; only the loss of qualities which are spiritually valuable; the love of a friend, or the loss of self-control during some conflict, involving upsurging anger. These leave a spiritual scar, even as certain thoughts may.

* * *

I still cannot get over this extraordinary ability God has bestowed upon you, to write down my thoughts as you receive them! I am filled with thanksgiving and happiness that He has given us this great comfort and help. Soon, I may be permitted to take over the duty and privilege of guiding you alone, if God deems me ready for this task. The loving Soul who has been my teacher in this is about to go on to higher duties.

A NEW GUIDE

TODAY, I COME TO YOU AS GOD'S APPOINTED GUIDE AND MESSENGER, fully aware of the blessing he has bestowed upon us both in His divine understanding and love. That this should be possible, so soon after my entering this radiant First Sphere, is due to the teachings given us all these years by our Guides and I am filled with humility and gratitude in thinking of all this company of devoted Souls, whose one aim was to do God's bidding, in preparing us human beings for this eternal Life.

I am helped by the loving Souls who knew us when I

walked beside you; they hover around all the human beings they love, praying for their spiritual, inner awakening and their well being, *far* more than I realized when our Guides told us about this! It is impossible for people to grasp more than a fraction of all that we experience Here and endeavor to express. Nor can the radiance and joy which permeate us be described, because there are no words in which to tell it, and no earthly being can understand us. This Life flows and pulsates, radiating in all directions, filling limitless space. That word "space" isn't the right one, because space has some limits and form in human thought; but what I am attempting to describe is without *any* limits whatever; very difficult for anyone still on earth to grasp.

I am so impressed by the universal love that fills all Souls in this First Sphere, and by the complete benevolence surrounding us all! It can only be described as heavenly, and is the source of this extraordinary sense of joy which permeates everything. It comes through and from God Himself, Whose presence over all is clearly discernible, although invisible to us.

The spiritual goals for which men should strive and pray are love, selflessness and true kindness, tolerance and mercy. These are the human characteristics closely resembling the spiritual achievements of Souls who help to make our existence Here what it is. But above all these, is faith in our Heavenly Father's love, omnipotence and care, *from which all that is good in human knowledge springs.*

* * *

You do not realize, and I cannot tell you, how widespread is the influence and power of prayer among human beings. There is none other which even approaches it in strength, nothing in the world, in which I so lately lived with you. Love is the second greatest power; when motivated by the deep, true well-springs, it is almost invincible

and, together with faith can overcome the greatest obstacles. Keep your love for our children, our friends and your fellow-men shining bright; do not let any experience tarnish it. For one disappointment, there are countless other proofs of better things; for one false friend, there are so many, many whose love holds fast and true throughout the years!

Never feel discouraged in praying for those who need such "spiritual transfusions"; believe by God's mercy that they *are* inwardly helped, even if that help is veiled from your perception. *Know* that each prayer in behalf of another is fruitful and never lost, and that like all good deeds, good thoughts and good intentions *expressed or translated into action*, they also add to that stream of Good which continuously flows through the Universe, adding to its strength, and diminishing the power and volume of the Evil current, by just so much!

Your wondering thoughts are visible at this pronouncement that even one prayer, one kindly thought or action could carry so much weight, and reach so far beyond any visible or imagined radius! But know that these beneficent rays are never lost; they have incalculable power and beneficence. Those who know this hold the key to a secret beyond the minds of human beings to comprehend! Use it, dear child, with God's blessing, in ever-increasing awareness.

* * *

We know that you ask yourself the question why on some days your prayers are so deeply dedicated, so clear and fervent and so much less so, on others. We know the answer: it is always a cultivation and watering of the spirit, whenever a human takes time to meditate. It is then that the opportunity comes to draw close to God, your Father, and from this quietude spring heartfelt prayers; not mere words, said in obedience to an inner urge. We beg you to remember this, and to act in accordance with its truth.

• • •

“To live and let live” is the essence of success in human relations, provided it is combined with love, understanding and wisdom to undergird it. This is a gift; a generosity of spirit which strives toward consciously lessened claims, or attempts to hold others by any sense of obligation toward yourselves. It is the desire for the happiness of those most truly loved, a desire so clarified, that self is entirely forgotten.

• • •

To divest oneself more and more of any remnants of egotism is one of the greatest achievements a human being can attain. It will serve to simplify so much, when it has finally been accomplished! Those who do arrive at this spiritual milestone — for such it is — discover that life has become different, bereft of friction, of small disappointments and desires; a goodly length of quietly happy days, flowing like a shining stream.

Learning to have patience, hard though it sometimes is, is part of that relinquishing of “self”; of letting go what you may feel is “due” you; of increasing understanding for others’ needs and problems.

This release from self, from personal wishes and desires, is the summit toward which all believing human beings should turn their eyes. It is a difficult level to maintain day after day, but to practice this spiritual ascent is to perfect it, more and more. The Soul grows in strength as it aspires toward such a goal, shining and far though it is. The ultimate rewards are strength, peace and a happiness beyond telling.

• • •

Just to kneel at the feet of our heavenly Father, resting your spirit wordlessly, how comforting this is! How truly, only those know, who have learned to feel Him as a reality, an ever-waiting Refuge.

**Part
III**

**DRAWING CLOSER TO GOD
THROUGH PRAYER**

THE VEIL

GOD'S MERCY AND GRACE SURROUND YOU ON YOUR DIMINUTIVE Earth and us in the vast and limitless spaces of His Universe.

Do you fully realize what is coming to pass, when you sit in the familiar surroundings of your quiet room and compose yourselves to receive our teaching? We have heard you say that it seems as if a protective veil hung between you and a total awareness of the true miracle which comes to pass, whenever we commune with you. And indeed, that is the case.

Not because it would be a spiritual shock to you, not because it would be a physically disturbing experience, but it arises out of the limitations of your human mind which, when it enters the picture in your evaluation of what occurs, simply stops short at the threshold of the miraculous, leaving it enveloped in a sort of mist.

But when you only *feel*, without resorting to the process of thinking, you know your Soul is on its knees within you, as it receives the benediction of our God-given messages. For a moment, the Veil is parted and you have a fleeting and breath-taking impression of the ineffable experience which you are allowed to partake in, by the grace and the power of our heavenly Father. At such moments, a human being shrinks to very small proportions, but his spiritual light blazes with a great and wonderful brilliance and is the largest part of him, as we behold him Here.

But that is a fleeting instant of transcendental spiritual awareness, which none of you can expect to hold fast. Indeed, God would not demand it of you, for you would lose that balance which we are trying so hard to create within you, and you would not be capable of carrying on your earthly tasks from day to day, as you are meant to do. There-

fore, do not reproach yourselves for any failure to remain on this pinnacle of realization, but accept it when it is vouchsafed you, as an added benediction and as a sign of further spiritual awareness and growth. Each time, it is as if you had made a long step forward, spiritually — a step which we can see Here, but of which you yourselves may hardly be conscious.

May God's blessing accompany your Soul during the rest of its earthly days and ways and receive it when you come to join us Here. Amen.

WORDLESS PRAYER

FROM TIME TO TIME, YOU MAY FEEL THAT YOUR PRAYERS LACK strength and constancy; that your thoughts wander while formulating a prayer or after concluding one sentence.

God knows when you are lifting your heart up to Him. He knows and sees your every thought, even though you cannot seem to find words for them. So it is far more the attitude of a heart and Soul on its knees, which expresses all you would like to offer in your prayer, than any flow of words, however beautifully chosen. God accepts it, and counts it as a prayer indeed.

Therefore if you cannot find words for your feelings, be comforted and remember that God knows what is in your inmost Soul.

It is only the duty of each one of you to come before Him with hopes for help and guidance, with thanksgiving and in deep humility. No thoughtless repetition of words has any value, but a silent Communion with God, if deeply felt, is also prayer in its truest sense.

THE POWER OF GOD

WE HEAR MANY IN YOUR WORLD DISCUSSING THE SCIENTIFIC DISCOVERIES of man and the great forces which these have unleashed; talk of undreamed-of developments in many fields, and the powers which these will bestow upon mankind. So preoccupied is man with the affairs of his world that he is far from realizing the cardinal fact of a mighty Undercurrent, carrying the universe and all mankind, making all life possible.

The infinite power of God exceeds anything which man is even remotely capable of imagining, and it is the omnipotence of God which has created all things, adjusting them to the limited vision and understanding of human beings. A Being of such unlimited power cannot be envisioned by the farthest reaches of man's thought. Therefore, faith is the bridge over which your Soul's perception must carry you, in contemplating God's omnipotence; faith in His hearing your every prayer, and in His helping you, as He deems wise.

The omnipresence of God is also beyond your imagining; but even we, who are only His messengers, have this strange gift of being in many places at one and the same time. How much greater then, is the omnipresence of God, who *is everywhere!* Never doubt, therefore, that He hears the prayers addressed to Him in all parts of your Earth.

The all-loving attitude of God is also beyond your human comprehension; no human being has experienced that feeling. God loves even His enemies; those who turn away from Him, feeling compassion and sorrow and regret for them, hoping that they will turn back, before it is too late.

God is compassion and mercy, and all that is both good and beautiful. When you think of God, He is a Power, but when you speak to Him as a Father, He is like a Person,

for in His omnipotence, God is anything and everything that the human spirit needs and hungers for.

—“IN GREEN PASTURES”

WE KNOW THAT YOUR SOUL IS LONGING FOR THE PEACE OF green fields, for the distant hills and for the song of birds, who sing God's glory. We assure you that you shall soon have your desire fulfilled and will return to your work refreshed by this peaceful interlude.

We should ask you all to seek some spot where Nature is unfolding her beauteous array of colors, as often as you have a day of freedom. Go out and feed your Souls upon the loveliness which God has created and commune with Him. Do not spend the few hours which are yours among crowds of people, surrounded by walls, if you can possibly avoid it, for this is a situation in which you daily find yourselves and seldom does your spirit receive what it needs in such surroundings.

In Church, although surrounded by people, each one of you sits alone, communing with his God and so feeding his Soul; but we know that many do not attend such services regularly. To such, we say go out under God's sky and commune with Him there.

We, who see your Souls, might liken each to a plant in need of water; for when you forget that they too need sustenance, just as your body does, and that your Souls droop for lack of it when you neglect them, they seem very like a potted flower standing in some forgotten corner, thirsting for the water which is its right and upon which its very life depends. Therefore we beg you to nourish your Souls with

life-giving Communion with God, of whom they are indeed a part. He gave them into your keeping, as a help to light your way throughout your earthly days.

Be kind to your Souls and give them of your time, for they are the eternal part of you.

THE SIMPLICITY OF FAITH

WE SEE QUITE CLEARLY WHAT GOD WISHES US TO SAY TO YOU, but it may be quite incomprehensible to some, due to the traditional position of the Church in the history of your world.

Be that as it may, the Church as now constituted has reached a parting of the ways and mighty changes are due to set in. These are that "wind and storm" of which our predecessors told you, years ago. The realization will dawn on men, that to be truly a Church of God, its approach must be greatly simplified; the quibblings over differences in terms, their interpretations and importance must cease altogether, for they have no validity in the burning white light of God's truth, which is simplicity itself; it is based purely on faith in God and love of humanity, as taught by Christ.

Around these two all-inclusive and essential teachings, man has woven a complex and ornate maze, in which he has trapped himself. The great need is to sweep away the extraneous matter, which has so confused and complicated man's approach to God. "As a man believeth in his heart, so is he"; this is the outward and visible sign of an inward, living grace, proclaiming the relationship established by the human Soul with its Almighty Father. Actually, that relationship was always there, from the very beginning, and

nothing can change that fact. *But until the Soul itself has been quickened into an awareness of its need for recognizing this relationship, it is a one-sided and latent fact.*

When we say there is no single road, no single religious form of worship which has found the only right way leading to God, we mean to say that within all religious movements, there are human beings who have achieved the spiritual awareness which we teach; whether through listening to the words of their clergy, or through lessons taught them by life itself, they acknowledge that the help of God is a vital need.

As we see it Here, we know that this awakening in human beings in *any* congregation is from within themselves, and wholly unrelated to rituals, doctrinal pronouncements and theological concepts upon which their particular Church ceremonies rest and function. These are as far removed from what comes to pass in a man's Soul, when it suddenly realizes its own relationship to our Heavenly Father, as the earth is far from the stars. And this explains the statement of an earlier Guide, who said, "We do not appreciate denominational differences; we ignore them completely."

God loves you all in your desire to understand His will; it is the spirit in which you approach these questions that is of the utmost importance. Never let the outward form supersede in importance the inner spiritual impulse which gave birth to this desire. It is the confusion of manner with matter which both characterizes and weakens so much of the ecclesiastical worship, dividing Churches one from the other and widening the breach between them and humanity, to their mutual loss. The outward forms, designed to enhance their ceremonies, are of man's devising and far removed from the utter simplicity of the example set by Christ in praying to His heavenly Father, who is also yours. But God in His all-understanding wisdom and tolerance accepts and understands the spirit in *all* forms of worship on your earth

and by His all-knowing perception and love, cuts through the outer forms, laying bare the heart and Soul of those turning to Him as a Supreme Power.

We know that many good and noble men have dedicated themselves to helping humanity through interpreting the Word of God and by perpetuating the teachings of Christ, within the narrow framework established by the founders of the Church they have chosen to serve. This choice is often based on inherited tradition or a habit carried over from youth; sometimes it is the result of an inner conflict, resolved to the satisfaction of the individual concerned. Each one must find his own way, must choose the form most satisfying to him and having chosen, he should walk that road in reverence and humility and with growing faith.

There are also those who have chosen religion as a career from motives far from spiritual, and this is a cause for deep regret with us who can read their thoughts, for at best it takes a sincere and dedicated man to point out the ways which lead to God.

The Churches of the world as they are today constituted are a strong influence for good in their communities; but let it be said that this is quite apart from the manner and form of their religious exercises. It lies in the simplicity and directness with which they teach a spiritual approach to God and the example they set in practicing Christ's precepts among these who need help in any form. We know the world would be chaotic without them, for they fill a great and crying need. But we also know that great changes, of which we spoke long ago, are in the making; they have not come from the clergy alone, but at the insistence of those who have also seen the Light on battlefields, on oceans and in the far corners of your suffering earth, where the truth and love of God have been revealed in all their glory, quite shorn of any doctrinal differences.

Nothing born of human brains or made with human

hands attains perfection as we know the meaning of that word; therefore it is not surprising or tragic that the man-made concepts of religion are no exception. If they were perfect, there would be no need for our teachings.

The Sermon on The Mount knew no doctrinal limitations, no prejudices; only faith, love and humility in the face of God's omnipotent Fatherhood. Through our lessons, we are trying to lead you back to this single-hearted acceptance and simplicity, as a child of God.

TRUTH

THE WORLD IS ONCE MORE SUFFERING FROM CONFLICT AND CONFUSION, but those who are deeply conscious of God's power and help will be given the patience and wisdom to overcome all obstacles. And out of this confusion harmony, tranquility and stability will ultimately develop, which will form the foundation for mutual understanding and brotherly love.

God's Truth is all-powerful and endureth forever; it can overcome all obstacles, all loneliness and all disappointments, making them to vanish.

We have used this word Truth on many occasions; its meaning is clear to us, but for the benefit of those who read this message, we believe it should be re-defined:

Truth is the timeless, basic essence of life in your world — and in Everlasting Life, which is the beautiful inheritance of all who put their faith in God. Truth is so fundamental that regardless of its adaptation throughout time to the customs and limitations of human understanding, it will always lead to the ultimate goal: permanent happiness in Eternity.

Truth is so subtle and so simple that without the help of God, men cannot find it. Jesus Christ taught Truth; his

knowledge was so complete that this power has brought comfort and solace, healing, hope and wisdom to mankind, throughout the ages.

But it has been misinterpreted by many also; so long as this Truth exists, there will be untruth, for so long will there be evil ones, who seek to destroy and defile it. But again we say: Truth and Everlasting Life shall prevail, for it is the basic Law of God. Love, and the power of love, are within the meaning of Truth, likewise are faith, hope and spiritual understanding, wisdom and power — for all of these have God's blessing in Truth.

THE LORD'S PRAYER

WE HEAR HUMAN BEINGS EVERYWHERE ADDRESSING GOD IN THE words of the prayer which has come down to them through the ages, in many languages. These words contain the essence of all your needs, all you should strive for, but how few think of their inner meaning! So often, this plea is repeated thoughtlessly, and no one knows how much is then lost thereby.

Christ gave humanity this prayer, so simple and all-inclusive, that — like the Christian religion itself — it is almost too simple to be understood.

Let us consider it, sentence by sentence:

"Our Father, Who art in Heaven," acknowledges the existence of a Supreme Being so perfect and almighty, that He should mean more to you than even your own, human father. God is in Heaven, a Sphere far above your own, in glory and perfection and, although He is invisible, God is an actual fact.

Even on your earth there are many things which you

cannot truly see; but judging them by their effect, you accept them. And although you cannot see God, and we also are invisible to you, you can easily find sufficient proof of our existence to accept it as a fact.

"Hallowed be Thy Name," states that the Name of God, a Being so exalted, should never be drawn down to the level of any commonly used word. It should always be spoken with reverence and love, never carelessly.

You have already been told that Here, God's name is only used with His permission and that the misguided Spirits who have turned away from Him are *incapable* of uttering His name!

"Thy Kingdom come," expresses the hope of a more universal acknowledgment of God as the Almighty Creator of the Universe, and an ever-growing desire to adopt His teachings with greater understanding, applying them to your own, daily lives. You pray that this may come not only to you, but that it may come to pass in ever widening areas on your earth.

"Thy will be done, on earth as it is in Heaven," is a clear and simple acceptance of God's decisions as final; a reminder to refrain from trying to dictate your own wishes and desires.

"Give us this day our daily bread," refers to *all* your human needs: to live a full, useful life; to have food, shelter, raiment and friends, to have adequate health and the necessary means; to have an awareness of God, through Whom all blessings come. In these words, you ask Him to supply you with all these needs and you ask to be a true friend to others.

When you pray, *"Forgive us our trespasses,"* you promise also to forgive the acts and thoughts of others. In some ways, you need a very short recollection, for you should forget as well as forgive what others may do, through ill-will

or ignorance. And you need a very clear and long memory in other matters, forever remembering the words of Christ, when He paid the final penalty for the misdeeds of others, without bitterness in His heart.

But we know it is not always easy for human beings to be forgiving, without *seeming* weak!

"Lead us not into temptation," is a prayer to God to preserve you from being led astray by those Dark Forces who have the ability to tempt on your earth, even as they do Here. You ask for strength and wisdom when facing temptations, and the *ability to recognize them as such*, the strength to fight them, with the help of God.

"Deliver us from evil," is an appeal for protection against harmful thoughts or actions, both your own and those of others; to be guarded against the machinations of the Evil One, whose power is great. He tries to attack human beings wherever he finds an opening, a weakness; implanting thoughts of suspicion, ill-will, envy, and thoughts of doubt in God's very existence and power; thoughts of the futility of prayer, thoughts of unfriendliness toward others.

All these are the weapons of this Dark Power! But you can fight your weakness in the face of such attacks by asking God to protect you from them and from all other thoughts and acts which are sinful, for they harm your Soul.

In the final sentence *"for Thine is the Kingdom and the Power and the Glory, for ever and ever,"* you acknowledge God's omnipotence and everlasting power, His infinite domain and His never wavering love for you *all*.

Everything you need that is both good and helpful is embodied in these few, short sentences. You include all those whom you love, as well as yourself, if your desire is to draw them into the benediction of this prayer.

And, when you finally realize the all-embracing wonder of these words — when spoken with understanding, deep

faith — there is nothing left unsaid.

As you have been taught by us, you can develop your sense of the personal relationship to God by adding any specific appeals concerning all that burdens your thoughts. Lastly, do not forget to thank Him for your blessings and for all the beauty of His creation surrounding you, whenever you are moved to lift up your hearts.

Amen.

REALIZING THE PRESENCE OF GOD

WE KNOW THAT YOU HAVE ACCEPTED THE FACT THAT THESE messages come from us, who are in Eternity, and speak to you as the messengers of God. You realize that they reach you in a way inexplicable to most human beings but you also have had many, many proofs of God's loving mediation in your daily lives. A great inner peace surrounds you now, at a time when the majority are so confused, anxious and uncertain.

We know that it is still easier for you to realize our presence than to feel the presence of God — because we are allowed to commune with you. But remember His omnipotence! This means that God can be anything and everything which may help you to perceive His closeness to you:

You may think of Him as an all-pervading power.

You will recognize Him in love.

You will see Him in Nature, which He created.

You will know Him in the very air you breathe.

You will see Him in the beauty of flowers, and may recognize Him in anything that is beautiful, be it noble music or color, or loveliness in any form.

You may even think of Him in the semblance of a human, if that helps you to realize His actual presence.

Until you come Here, you will never know the full meaning of this word omnipotence, nor can you know the meaning of Eternity. You must simply accept our words on faith. You are God's children, and He loves you all as no human father loves his own. God is love personified, and there are no limits to this love. God is everything that is perfect.

His guiding hand rests upon you, and no fear should ever enter your hearts.

TO HIM WHO HATH FAITH SHALL BE GIVEN

WE KNOW THAT WE ARE REPEATING OURSELVES TIME AND AGAIN in our lessons and that on innumerable occasions we have urged you to give heed to our pleas to speak more often to God. But we know how forgetful human beings are, how easily distracted by human events and emotions.

The more you make our teachings a part of your lives, the richer and fuller they will be: You will help, where formerly you would have expected to receive help. You will be strong, where earlier you felt weak, and you will both love and be loved more. You will find peace, where you had been conscious of turmoil and you will find God, where in the past, you thought yourselves deserted.

Through you, God's blessings will be extended to those who lack full understanding of His omnipotence, and they in turn will bless you.

Contrast your present sense of security, your knowledge of being guided, the certainty of being helped through prayer, and the loss of all anxiety or fear for the future in your world, and the joyous acceptance of the Life Hereafter — with your own, former outlook and that of the people who believe in none of these Truths! They must walk the earth

with no sense of security, with forebodings of the universal experience called death, and with a feeling of bewilderment concerning what — if anything — follows thereafter.

There are relatively few who do not fear death; fewer who have been taught to look forward to it as crossing a Threshold through an open door to a new and fuller life of fulfillment and joyousness, with duties of helpfulness, and finally, to that spiritual progress toward perfection which, in timeless time, will complete the cycle of the Soul, reuniting it with God, from Whom it came.

But those of you who know these truths through our teachings have learned that your earthly existence is but a preparatory school for your life Here, and a very short one, as compared to Eternity. You will gradually see all occurrences and events on your earth from a different perspective, which will make their relative importance clearer to you. Much that is inexplicable to others, will, in the light of the knowledge imparted, become understandable to you. Hence, you will not be as troubled as you would have been earlier.

You are learning to free yourselves of all prejudice, intolerance and any sense of superiority — a most important lesson, which — unless taken to heart during a human being's lifetime — must be faced Here.

You have learned not to be fearful for yourselves or for those you love, because you have been taught to put all your problems into the hands of God in the knowledge that through prayer, wisdom and help will reach you and yours, and that His wisdom and love are far deeper than any known to human beings.

And finally, you have learned that suffering bears spiritual fruit, teaching the human Soul many of the things it has need to know and make its own: Kindliness toward all, humility and tolerance, patience and hope, and the knowl-

edge that in the sight of God, all men are truly equal, and that no one has the right to think or act otherwise.

Truly, you all have much to thank God for; let these blessings and insights light your way.

THE HOLY TRINITY

WE HAVE BEEN CONSCIOUS OF QUESTIONS IN THE MINDS OF many human beings, concerning the actual meaning of the Holy Trinity. Some of them wonder if it is hypocritical of them to recite an established and widely adopted creed.

Any picture to be of value must be understandable. The division of God into three parts is more understandable to the majority of believers; therefore many find it desirable to express this by naming three distinct elements of God. When you all understand what is meant, the Holy Trinity is in fact, true.

God in Himself is the all-powerful, all-knowing, all-loving, absolute Ruler and Creator of the Universe, and all known and unknown parts thereof.

Christ personifies God, as He works and projects Himself into human lives, guiding and helping those who put their faith in Him. He is the Saviour, for it was His example that teaches humanity how to live and to attain Everlasting Life. He is the Son of God, as all men are.

The third part of God, "The Holy Ghost," is not only as God projects Himself into each individual Soul, but as He projects Himself *through* one human Soul to another; through this comes the power in group prayer, the linking together of all Souls in the Brotherhood of Man, and group thoughtfulness and helpfulness toward others. Not only are we all a

part of God, as individuals, but it is the *realization* that we are a part of Him, an all-powerful group of Souls, each one receiving individual blessings and augmenting the others, to multiply and strengthen them all; *that* is personified by the Holy Ghost.

Christ was conceived of the Holy Ghost — which means that God personified Himself in Christ, because of the universal need of all the sons of God. And so, it lies in the spiritual realization that every human being born, is blessed by Him Who is the God of all, regardless of the Name by which they call Him.

In praying to God alone, it helps to think of Him in these three parts and we have tried to explain what really was intended when this conception of the Holy Trinity was developed, to interpret the fundamental teachings of the Power of God.

Your prayers must be directed to One God solely; the only God.

In some faiths, people believe that another Spirit must intercede for them; God recognizes their earnest faith and desires, merely awaiting their awakening to the realization of the intimate relationship of each Soul with Him — which is available to all who permit themselves to be governed by the simple teachings of God to their own Souls, rather than being influenced by the interpretations composed by human men.

CHRIST

AS ALL CHURCHES OF THE CHRISTIAN FAITH TEACH, CHRIST WAS the Son of God, sent to be a perfect, living, human example to prove to the world that man, with absolute faith in God, could accomplish the apparently impossible, and was destined for Everlasting Life.

Sent to your earth by His heavenly Father at a time when cruelty and oppression and slavery were paramount, Christ left an indelible imprint on the spiritual development of the human race, which set a new standard, an example of faith and compassion for all generations to come. His universal love and gentleness shone amidst the dark cruelties of that age, almost like miracles in themselves, the light of which still comforts, sustains and strengthens the spiritual hopes and aims of all who believe in Him.

Many of you are taught that Christ saved the sinners of the world by His death on the Cross; but it was rather by His perfect life and what it taught and gave to the world, and by His perfect faith in His Father's love — in the face of agony by slow torture, even unto death itself — that Christ saved the world, teaching man spiritual acceptance of suffering and the sublime power of prayer.

The death of Christ, so unmerited by His perfect Life, should be remembered by all when they find themselves wondering why God permits so much suffering among innocent human beings. And those who are called upon to endure miseries should remember the strength which was given Christ by God, in the hour of His greatest need in answer to His prayers; a strength which will also be given to every Soul who prays for it, in faith.

His Life, Death and Resurrection fulfilled the three-fold purpose of the mission of Christ among human beings on earth. And of these, His resurrection gave men the proof of promised Eternal Life.

But we wish to impart knowledge to you which is not universally taught: visible to a chosen few, this Resurrection was a spiritual one; let no man think that Christ re-appeared on earth in actual flesh, or that any one is resurrected in his physical body.

The Spirit of Christ assumed the semblance of His familiar bodily form, even as we all are permitted to do, when

welcoming startled newcomers Here, who have need of a familiar face and a friendly hand to guide them through their first period of bewilderment. This is a loving provision ordained by our Heavenly Father, in His compassionate understanding of the still very human needs of newly arrived Souls — as you have been taught by us. In the same sense, the Son of God was empowered to reappear in the semblance of His human form of the loving Master, before the astounded gaze of his mourning disciples; thus giving those who were allowed to witness His reappearance upon earth, the absolute conviction of a Life of the Spirit beyond the tomb and the final proof of His teachings concerning Eternity.

The simplicity and beauty of this, the greatest lesson of all, as enshrined in the human life of Christ, will be perfectly clear and both understandable and acceptable to those of you who have taken our teachings to heart.

All Souls are children of God, but only Christ was given the power to exemplify perfection in human living. But no human Soul can be automatically saved by another's vicarious suffering and sacrifice; its ultimate spiritual progress, both in your world and in our Invisible Sphere, must result from its own free will and profoundly felt desire to learn of Christ, Who set the Light upon the road which leads to salvation, and into the Presence of God.

LITANY

GOD, IN HIS LOVE FOR YOU ALL, ENABLES US TO TALK TO YOU.

God, Who is infinite, and Whose Kingdom is without end,

God, Who is the perfection of love,

God, Who never punishes, but always hopes that you will come to Him,

God, Who is always ready to receive you,

God, Who has sent us to talk to you and to help you,

God, Whose power is infinite,

God is here.

God comforts those who are bereft, who are desperate and lonely,

God helps them all.

God helps you to heal the spiritually sick;

God helps you in your quest for strength and health;

God, Whose powers are unlimited, is with us here.

God comforts those who are lonely and in pain,

God gives strength to those who are weak.

God loves those who do not feel loved by others.

God gives hearing to those who are spiritually deaf;

God gives sight to those who are spiritually blind.

God, Who is like a mansion for thousands, leaves the gates wide open for them to enter, if they do so of their own free will.

God, Who gives strength to the weak and health to the sick,

God, Who dries the tears of mourners,

God, Who puts joy in the hearts of the lonely ones,

God is with us, here.

God, Who hears your prayers,

God, Who knows all your needs,

God, Who guides you and guards you,

God is with us, Here.

God, the Infinite Father and Creator of the Infinite World,

God is with us, Here.

Lean on us, and you lean on Him —

Talk to us, and you talk to Him;

But *pray* to Him alone.

Find your way to Him and you will find the wide open Gate, through which to enter into His Presence.

Trust in Him, as your best Friend,
Believe, and have faith in Him;

This faith will carry you, where others would sink.

This faith will gladden your heart, where others will mourn.

This faith will give you Light, where others will stumble in darkness;

It will show you the way to the Hills of Light, when others are doomed to fall into an abyss.

God is all-present, almighty and all-loving, and your faith makes you one with God.

The time has come when I am called to other duties; they may take me far away, but still I may come back at a moment's thought! The host of Friends who guide you, the host of Guides who guard you, are always here. You are never alone and be assured, you and yours are never forsaken by us. Someone is always with you, as your very special, very own guiding Angel.

God, Who is Love, extends His blessing to you and all your dear ones, be they near or far. His protecting Hand guides and guards you all.

Amen.

BENEDICTION

OUR MERCIFUL FATHER, YOURS AND MINE, BLESSES US IN THIS Communion.

I have not spoken to you before and it is a great joy to me to hear and see you transcribing my thoughts into words. They are thoughts of love and of guidance, of responsibility

and of great humility in the face of the high task which God has given me.

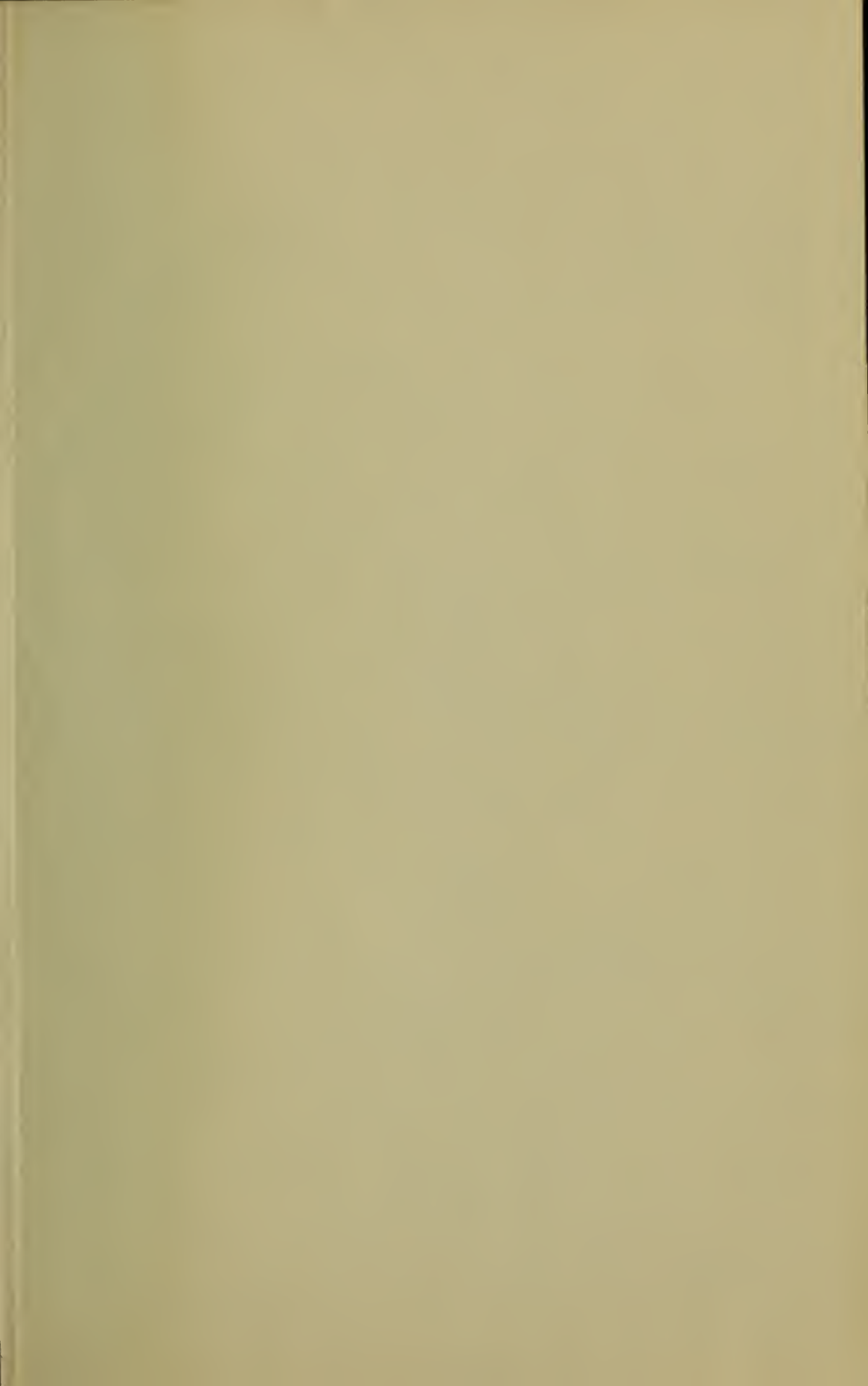
Upon your alert and willing cooperation depends in great measure the success and completion of this miraculous duty which I find myself empowered to assume. To guide and guard a human being is so strange and wonderful a task, that I find myself trembling with eagerness to begin it, to discover for myself the joyful and extraordinary sensation of knowing my thoughts heard, my loving suggestions followed, although I am hidden from you, by the mystery which surrounds our Invisible World!

My child, you are greatly blessed; how greatly, you will never know until you come to join us Here. Lift up your heart in thanksgiving and let every day begin with what awareness you — as a human being — are able to muster, as you awake and face anew this glorious experience which has been given you, while you are still walking on your earth.

We have watched you at work on our book with devotion and sensitivity and happiness, and we know that you realize how your every move has been guided, in answer to your prayers for help in choosing the lessons to be included. The book will bring comfort, opening the eyes and hearts of many. It is completed. It is a prayer, it is a guide, it is a warning — and it is the sound of heavenly trumpets, whose music reaches across the immeasurable space between our two worlds. We bless you for your share in it, without which it could not reach other human eyes, and we know how small you feel your part has been.

I will now close my Communion, my first effort at making myself heard by a human being on your earth. It has been a great joy and also a great spiritual exertion. May the blessing of God rest upon you all and give you peace, strength and joy.

Amen.







LOUISE HURLBUTT *de* WETTER

Since childhood Louise Hurlbutt de Wetter has been interested in people and foreign places. Her parents often took their children abroad. Born of Colonial ancestry in Stamford, Connecticut, she went to school there, and later studied in Dresden, Germany. Subsequently, she lived in Europe with her husband, the late Herman de Wetter, an engineer who made a hobby his profession when he became curator of the Brooklyn Museum's Department of Photography.

Now a resident of Westfield, New Jersey, Mrs. de Wetter has long been active in civics, public health, relief work and the opposition of racial prejudice. She has complemented lecturing and radio work in these fields with writing. Former assistant editor of the *Cruc Record*, monthly journal of the New Rochelle Woman's Club, she published many articles in such magazines as the *New Christianity*, *Century* and the *Westchester Thrift News*. Over fifty of her poems have appeared in the *New York Times*.



NOTABLES HAIL *THE KINGDOM AND THE POWER*

Many persons of various fields have hailed Louise Hurlbutt de Wetter's selections for their profound and calming influence. From three ministers and an attorney come these words on *THE KINGDOM AND THE POWER*:

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* * *

"These messages will in part confirm, and in greater part deepen, the religious faiths of all who read with open mind and heart. To read these pages is to experience the thrill of spiritual discovery."

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* * *

"The messages assembled in this book are a ministry from beyond to us here, a ministry loving, wise and warmly extended. To tell us of life beyond is not the uppermost aim, but to help with life here. These lessons have brought faith and courage and strength to reader after reader."

—REV. WILLIAM L. WUNSCH, *Washington, D. C.*

* * *

"... In my judgment the wording of the messages printed in this book makes them as fine a presentation of the truth that sets men free and leads them into the expressions of their highest possibilities as it has been my good fortune to find. Perhaps they shall in time prove to be the finest. For although I have spent a great deal of time reading what has seemed worthy of the effort in the field they grace, it seems to me that the words you and your husband transmitted have a most extraordinary appeal . . . even for one who has read but little."

—ROBERT W. LEWIS, *Pasadena, Calif.*



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